I-RECOVERY KERNEL

Umlinganiso olusisiseko kwiimpembelelo ezahlukeneyo.

Ndingayifumana indlela yokulibazisa kwi-benzodiazepines?

Ukusebenzisa i-Recovery Kernel Framework.

Xanax · Valium · Klonopin · Ativan · Librium · Restoril · Ambien · Lunesta · Pregabalin · Gabapentin

⚠ IMISEBENZI YOKUNCIPHISA UMTHINTEKO - AKUYONGCWALO LWEZOKUDOKTORA | Ngexesha lentlungu: shayela u-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 okanye uthethe ku-SADAG: 0800 567 567.

UKUHLANGANISWA KWE-BENZODIAZEPINE KUNOKWENZA UKUSI. UNGAMIKHIZI NGESIZA.

Yonke into ekuhambisa umthamo kufuna ukuhlaliswa ngugqirha. Le ncwadi inceda kule nkqubo yokuhambisa umthamo, kodwa ayikhangele.

Ngephawu ngaphambi kokuba uqalise.

Le ngcebiso eyahlukile kulenye ezinye kule nkqubo, kwindlela esebenzayo: abantu abaninzi abafundayo le ngcebiso abakhethathe ukuba bancede nge-benzodiazepines.

Baxoxiwe iresiphi. Ngobuxoki. Ukulala. Ngenxa yokungqubana kwengxabano egumbini lokunakekelwa. Ngenxa yokuqhambuka kwasemhlane. Ngenxa yezinto ezizalayo emva kombhoxo omde. Bathathe imithi ngendlela eyaleliweyo ngumdokotela, kwaye ngeveki okanye iinyanga—ngamaxesha ambalwa—ingqondo yabo yabandakanyeka kuyo. I-GABA-A receptors yehlile ukusebenza. Inkqubo yokukhululeka yangaphakathi yasuhlala. Imithi ayisasebenzi ngendlela eyayisebenzayo. Idosi yadinyiwe. Kwaye kwakhona, kulo lonke le nqanaba, engenxenye yeqhinga eliqikelelweyo, udityalo lwemitho lwabanjelwa.

Le ncwadana ibiza oku ngokwenzeka kwiingxaki ezibangelweko: xa ukunyamekela kubanga umonakalo. Akuyona into yokungabi nakho ukwenza okufanele, nto leyo. Akuyona neenkqubo ezingalungileyo, nto leyo. Yintatho yobomi eyayikhululekileyo kwiiklasi zemithi ezamkelwe ukusetyenziswa kuzo iintsuku ezisi-6 ukuya

kweziyi-12, emva koko zanyamekela kumiliyoni yabasebenzisi ngaphandle kokuba kwaxutyushwe nawo nawophawu lokuyeka.

Le ngcebiso ayikucele ukuba uzive ubukho bomdla ngokuxhomekileyo kwinto ethile. Ayikucele ukuba uzibize ngokuba yinkunkuma ukuba leli zwi alihambisani nomhlalaphansi wakho. Umatyezelwa kuphela ukuba uqonde iimbiyombuzo zenkqubo yendalo eyenzekile—ngokukhethekileyo ukuze unyuse inkqubo yokululama ngokuqiniseko okufunekiwo.

Ukunciphiselwa kweebhentso yindlela ende kakhulu yokubuyela kwempilo kule nkqubo, kwaye ifuna intliziyo enobuhlanga. Abanye abantu bayithatha iinyanga ezili-1 ukuya kwezintathu. Inkqubo ye-GABA-A yangqongqo isitsha ngexesha elide. Akukho ndlela yokusheshisa le nkqubo ingazange ibangele ingozi okanye ubuhlungu. Iphepha lesi-22 yencwadi yale nkqubo lithi oku kuyinto enzorho—ukuxhomekeka kungaphuma ngeveki, kodwa ukubuyela kwempilo kuthatha iinyanga ukuya eminyakeni.

Le ngcebiso ilakhelwe kuleqiniso. Iyanxiba ngokubalulekile malunga nexesha. Inikezela kuzo zonke izixhobo zokuxhasa ezibonakalayo. Kwaye ihlala kunento efana nayo ekwi-compendium: ukuba ukulungiswa kungenzeka. Ingqondo iyaziphulukisa. Ukukhathazeka okubekho ngaphambi kwe-benzodiazepine—ukukhathazeka esetyenzisiweyo yile rekipishini—kunokulawulwa ngeendlela ingqondo ezifumana ngazo, kungezi ndlela ezinikezwe yivenkile.

Funda iSahluko 0 ngaphambi kokuba uyenze nantlanga.

Isigaba 0 — Ukukhusela Okukhawulelweyo: Funda oku kuqala.

⚠ UKUHLANGANISA KWE-BENZODIAZEPINE KUNOKUBANGISA IINGXAKI ZESIFO SIKHULULO NENDAWO. YINYE YEEMVELO EZIMBALA EZIPHUMAYO EKUPHELISENI KWEDWAZI ENOKUHLANGANGA UKUSWELWA. UNGALUMISI NGAPHANDLE KWEZIZAKHO EMVA OKUSEBENZISA NJALO. AKUKHO NTLUBO.

Abanye abantu abangafumani ukunceda ngaphandle kokuhloliswa kwedokotela.

I-CENTURION — Umgca Ucocekile — Bonke abantu abathatha i-benzodiazepine ngokuqhubekayo.

Ukuba usebenzise nayiphi na imithi ye-benzodiazepine—ngokweprescription okanye hayi—miselo ngemihla ukususela kuyo ngokuthe, kunobungozi bokugqithwa. Oku akuyona into engavamile. Yimphumela eyayikhulungileyo yendlela imithi ye-GABA-A emele umzimba. Izigaba ezilandelayo zinezinto ezinobungozi obukhulu:

- Nabantu abathatha i-benzodiazepine ngamanye amabini kangangemihla engamawezi amane okanye ngaphezulu.
- Nabani abantu abathatha iileveli eziphezulu zemithi—i-alprazolam engaphezu kwe-2mg ngosuku, i-diazepam engaphezu kwe-20mg ngosuku, okanye i-clonazepam engaphezu kwe-2mg ngosuku, okanye imithi efanayo.
- Nabani abaxhasa iibenzodiazepine kunye notywala, ama-opioids, okanye i-GHB.
- Nabantu abanembali yokuqala kwezinto ezinxiba.
- Nabani abanye kunye ne-haplotayiphi yobungozi ye-GABRA2 (ukuba eyaziwayo).
- Nabani obenze ukuzama ukuceba okanye ukuphelisa kwaye abanayo iimpawu ezinkulu.

Indlela efanelekileyo kubo bonke abantu abathiwa apha yindlela elula, ephathwayo kwiinyawo ngomdla oza kusetyenziswa ummeli wezempilo. Akuyona into enokuzisindisa ngokwabo. Akuyonto ukuyeka ngendlela enzulu. Akuyonto "ukugqiba nje." Yindlela elula, ephathwayo kwiinyawo. Incwadi yeeNcwadi ibonisa ngokucacileyo: oku kuyintsapho enye apho umdla wokufakelwa ummeli wezempilo ubalulekile kakhulu.

Ukuba ukhona kwixa elithile,

⚠ IZIMHLOMO ZOKUTSHINTSHA OKUYINGXAKI KWE-BENZODIAZEPINE: FAKA UMNELO WE-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112 NAKUBA YAYA KWIZISEKO ZONYANGO NGOKUQINILEKILEO UKUBONIWA KWENYE INTO ILANDELAYO:

- Ukudakumba—nayiphi na into yokuthandaza engacingelanga, ukulahlekelwa kwengqondo, okanye ukungabiwo kwengqondo emva kokuyeka okanye ukunciphisa.
- Ukudlala-dala okunzulu okanye ukulahlekelwa—ukungazi ukuba uphi okanye yintoni eyenzekayo.
- I-hallucination – ukubona, ukuzwa, okanye ukuziva izinto ezingekho.
- Ukuthamba komhlomo okukhulu kakhulu kunye nokuba nesifo esifuyo.
- Umfu ophantsi kunye nezi zinto ezinye ezikhoyo.

Iimpawu zokuphuma ezincinci ukuya kwemithathu—ukukhulu kwanxila, ukungakwazi ukulala, ukungathandabuzeki, ukuba nesiphu, intliziyo, ukuhlamba umlomo—zibuhlungu kwaye zikhawuleza, kodwa akuyona into ebangcola ngokoqobo kumanyathelo amaninzi. Zibonisa ukuba umkhubazo uphuma ngokukhawulelwe okanye ukuba ukunciphiselwa kwedosi bekumandla kakhulu. Xhumana nodokotela wakho, hhayi i-Ambulensi: 10177 okanye Ambulensi: 10177 okanye 112, ngale mipawu.

Ukuphendula Okukhawulelweyo Lokunciphisa Umngcipheko.

Ukuba uyekile ukusela amanzi okanye uziva ngathi unokutshintsho kwemizimba yakho: ungandiyi nangaphandle kokuncedwa kwezinyawo. Xelela udokotela wakho, uye kwi-urgent care, okanye uye kwindawo yezempilo. Utshatise abadokotela ngale nto: 'Ndaqala ukuyeka ukusela amanzi kwaye ndiziva ngathi ndineengxaki.' Baya kukwenza ukuba uqalise ngokutsetshekile kwaye baziqinisekise ukuba uyakuvuma.

Ukuba udokotela wakho uyayiphosisa iimpawu zakho zokuphuma okanye ukwenqabile ukukunceda ngokuphakamisa ukunciphiselwa kancane, unolwelo lokufumana umbono wesibini. Umsebenzi wezokwelapha ezikakhulu kwezinto ezinokubangela utywala okanye ugqirha onamva wokusetyenziswa kwezinto ezinokubangela utywala ngumntu ofanelekileyo ukuba ucele uncedo. Inkqubo ye-Protocol 13 (Ingxoxo neDokotela) kule ncwadana inikeza indlela yokuzimisela ukuze ufumane uninzi olufanelekileyo.

Isahluzo 1 — Yintoni Eyayenzileyo kwiBhungeni lakho i-Benzodiazepine?

I-CENTURION – Idiski elibizwa "Boot Disk" elingazange liqulwe ukuba lisiqiwe.

I-Compendium ye-Recovery Kernel isebenzisa umfanekiso olucacileyo malunga nokuba yintoni abenzele ukuba iibenzodiazepine: zithathe indima yodiski lokuqalisa. Xa uhlelo lokusebenza luhlaziywa—xa ingxaki, ukukhathala, umtshato, okanye ukungasipumli kukhulakala—idiski lokuqalisa linqulela inkqubo ixesha elide ukuze zenzeke izilungiso ezibalulekileyo. Emva koko, idiski lokuqalisa litshintshiwe. Uhlelo lokusebenza lwengqiqima luwaphatha iimpumelelo.

Kuko nto le nto eyenzekile kubantu bamiliyoni abathunyelwe i-benzodiazepine: ukuba idiski yokwenza umsebenzi ayisuswa. Ukunciphiselwa kwezityalo ayenzelwanga. Uhlelo lokuphelisa ayixutywe. Kwaye, ngeentsuku kunye neenyanga, ingqondo yahlala ifuna indlela yokulungiswa ngokuphuma kwalezi zityalo—kuba le yindlela ingqondo esebenzayo. Yahlala ifunda kwiindawo ezifana nale.

Ayonto ayilona ukuba umntu uphulukene. Yubungqina beengcali ze-GABA-A.

Iindlela ezisebenzayo ngazo i-Benzodiazepine—kwaye indlela ekwandisa ngayo ukuxhomekeka.

Inkqulelo.	Umphumela omkhulu.	Imiyezo engqangqo.
Ukuhamba kakhulu kwe-receptor ye-GABA-A ngokuphindaphindi weyo.	I-benzodiazepines ibandakanya kwindawo ethile kwi-receptor ye-GABA-A echukumisa umphumela we-GABA—yenza ukuba i-receptor iphendule ngokuqinileyo kumphumela we-GABA kunokuba yenze ngokwayo. Isiganeko esisemqondweni esiyinhloko esilumaza siba namandla kakhulu. Ukukhathazeka kuyekiswa. Iimaski zixoleleke. Ukulala kuza. Ingqondo eyashushu iyeka.	Ingqondo ilungisa umxholo okhulu we-GABA ngokunciphisa ubukhulu kunye nobuntulo bezipholomane ze-GABA-A zayo—yenza ukunciphisa inkqubo echazweyo kwaye eyakhuliswa ngendlela engathatyelwanga. Oku yindlela yokuthanda kunye nokuxhomekeka. Yeka isitya se-benzodiazepine: inkqubo ye-GABA sele ilungiselelwe ukusebenza ngaphantsi kobuqondo obuqhelekileyo. Inkqubo yokubamba ilele. Inkqubo yokuqala ye-glutamate iyakhula ingaqondwa.
Ukulungiswa kweechaneli ze-chloride.	Ukufundisa kwe-GABA-A kuvula amanqina e-chloride—iion zeenguqi ezimbalwa zingenela kwi-neuron, entla ukuba yenze kube lukhulu ukuba i-neuron	Ukunyuka kwe-chloride channel okubandayo kubanga inkqubo yezemithi enokuba, ngaphandle kwesityalo, ifile. Yonke into ibaleka kakhulu, ikhawulelwe,

	ingenzi msebenzi. I-Benzodiazepines iyandisa inqwaba yeemvakalelo zamanyiqo evuliweyo, ikwandisa le nto kumjikelo wonke weenjongo.	kwaye iyingozi. Ukulala akukwenzeki. Inhliziyo idlula ngokukhawulela. Iimaski azikwazi ukutyibilika. Oku akuyona inkathazo njengokuba yinto engqondweni—kukubangela kwakhulu kweemithi ekunyamelweni kwee-GABA-A receptor.
Ukucutha inkumbulo e-hippocampus.	I-benzodiazepines ilawula umsebenzi we-hippocampus—ilunciphise ukufundiswa kwezigqiwa ezintsha. Yeyona nto ekubandakanyekileyo ukuba zisetyenziswe kwi-anesthesia yokuqala (awuzukukhumbula inkqubo). Kwaye leyona nto enye eyenza abasebenzisi abazinayo ixesha elide bathi "umswibho we-benzo"—ukulunciphisa kwamandla okucinga kunye nomlingo.	Imiqela emide yeziphumo zengqondo ekusetyenzweni kwe-benzodiazepine ibhalwe: ukukhawulelwa kokuthetha, inkumbulo yesikhashana, kunye namandla okubona (visuospatial ability) bonke bafakazele ukuba banokuphazamiseka okuqulungeqile ekusetyenzweni ixesha elide. Ezinye le miphumo iphantsi ihlala iinyanga emva kokuyeka, njengoko ubushushu bengqondo buyabuyela kwimeko yalo. Iinzimiso zokunyamekela ingqondo kunye nemisebenzi ekukhuthaza i-BDNF (umgca wokuzilolonga, ukufunda) zenza ngokusisithethi ukuphuculwa kwayo.
Ukucutha umgca we-HPA.	I-benzodiazepine ilunciphisa i-cortisol kunye nomphumela wengqiqwa ye-HPA. Ukukhulu kwanxila kuyinxenye yento eqinisekisweyo yi-cortisol—ukucwilisa umgca we-HPA lubanga ukulungiswa kwenxila ngaphandle komphumela oqala nge-GABA.	I-axis ye-HPA ebuyekeza emva kokutsalwa kwe-benzodiazepine ibanga ukunyuka okukhulu kakhulu kwe-cortisol, okuqhuba ingxaki enkulu yentliziyo, ukuziva ngathi unamandla, kunye nemiba emithile yomzimba ye-withdrawal syndrome. Impendulo yokugqwesa eyayikhutshwe ngezixhobo zokunceda imithi ixesha elide (inyanga okanye iminyaka), itsalwa ngokuya.

Iklasi ye-Benzodiazepine—Umthombo Ofezekileyo.

I-CENTURION – Ixesha liyinto ebalulekile ekubuyeni kwempilo kubantu abathinteke ngobunzima bezitofu.

Umgaqo obalulekileyo kakhulu ekuxhwanywe nasekucuthekeni kwe-benzodiazepine ngumjikelo wempumelelo. I-benzos enomjikelo omncane yomileka ukubangeleza okukhawulelwe kodwa oqinileyo. I-benzos enomjikelo omde

ibalulekile ekubalweni komjikelo, kodwa inokuphumela ekucthekeni elide. Olu tshintshi luyanceda ekumiseni inkqubo yokunciphisa kanciphiselweyo.

Igalelo.	Imiyalelo.	Ukunyamekela ukubangala umswakama kwi-diazepam.	Iingcebiso ezikhoyo kwiiprogram zonyango.
			* Ukuba unengxaki yokuthanda into ethile, yinto engenziwa ngokuzithandela. * Ungayiboni ukufumana inkcazelo yendlela oyenzayo njengento engenziwa ngokuzithandela. * Ukuphulukiswa kwiintlungu kunokuba luyingozi. * Ukuba unengxaki yokuthanda into ethile, ungafuna usizo. * Ungayiboni ukufumana inkcazelo yendlela oyenzayo njengento engenziwa ngokuzithandela. * Ukuphulukiswa kwiintlungu kunokuba luyingozi. * Ukuba unengxaki yokuthanda into ethile, ungafuna usizo. * Ungayiboni ukufumana inkcazelo yendlela oyenzayo njengento engenziwa ngokuzithandela. * Ukuphulukiswa kwiintlungu kunokuba luyingozi. * Ukuba unengxaki yokuthanda into ethile, ungafuna usizo. * Ungayiboni ukufumana inkcazelo yendlela oyenzayo njengento engenziwa ngokuzithandela. * Ukuphulukiswa kwiintlungu kunokuba luyingozi. * Ukuba unengxaki yokuthanda into ethile, ungafuna usizo. * Ungayiboni ukufumana inkcazelo yendlela oyenzayo njengento engenziwa ngokuzithandela. * Ukuphulukiswa kwiintlungu kunokuba luyingozi. * Ukuba unengxaki yokuthanda into ethile, ungafuna usizo. * Ungayiboni ukufumana inkcazelo yendlela oyenzayo njengento engenziwa ngokuzithandela.

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Alprazolam (Xanax)	Iiyure ezili-6 ukuya kweziyi-27 (emfutshane).	10x ezinamandla.	Enye yezitya ezinkulu zeebhenzo ekunzulweni ngenxa yesikhathi esifikelelweyo kwaye namandla amakhulu. Ukutsalaliswa phakathi kwezixhobo (ukuntsalaliswa phakathi kweedosi) luvakala njengento eyenza abantu bafune ukwandisa idosi—abantu baziva bephosile ngaphambi yesixa esilandelayo elihleliwe kwaye bathi le nto yintlekele edinga utyalo-mthetho olungaphezulu. Kunconywa kakhulu ukutshintshela ku-diazepam phambi kokunciphisa idosi.
Lorazepam (Ativan)	Iiyure ezili-10 ukuya kwezili-20 (ezimfutshan	5x ezinamandla.	Ixesha elifana kakhulu lokuhlaziywa elikhoyo, enokubangela ukutsalaliselwa phakathi kwezitya ezimbini ngosuku. Kuxutywe rhoqo kwiizibhedlele kwaye kusetyenziswa kwimiba emangalayo—

	e-ezibushushu).		ukuthembeka kunokudala nakuba usetyenziswa kwindawo yezopoloyiso. Kunconywa ukuyitshintsha kancinci ne-diazepam xa utshintshiselwa iityalimpi ezikhawulelwe kumazwi ambalwa.
Clonazepam (Klonopin)	Iinyanga ezili-18 ukuya kwezingu-50 (inde ngokulingana yo).	20x ezinamandla.	Ukunyuka kakhulu kwe-clonazepam kuthetha ukuba ngaphandle kokunciphiswa okuncinci, kunokubangela utshintsho olukhulu kwi-GABA-A. Ixesha elide lempembelelo linikeza umgca wokusingatha ngokuchasene nokutsalaliswa phakathi kwezityalo, kodwa kwenza ukunciphisa ithempi lokuthanda kube nzima. Abanye odokotela buncipha i-clonazepam ngqo; abanye basebenzisa indlela yokunciphisa kancinci ehambelana ne-diazepam.
Diazepam (Valium)	Iiyure ezili-20 ukuya kwi-100 (ide.)	I-refrensi yesiseCandelo (1x)	Inkqulelo yeProtocol yaseAshton: into ekhethekileyo yokunciphisa utyalo-mhlathi. Ixesha elide lempumela (half-life) linikeza amanqanaba egazi asezinzile athintela iingxubasheko neengcinga ezikhunguzwayo ezenzakalayo phakathi kwezitya. Iimveliso ezisebenzayo (desmethyldiazepam, ixesha elide lempumela 36–200 iiyure) zandisa ukukhusela okuninzi. Xesha lokunciphisa utyalo-mhlathi olunye, ukudlula kwi-diazepam ngokufanayo kuqala luyindlela ebonakala ngcono.
Chlordiazepoxide (Librium)	Iinyanga ezili-24–48 (ixesha elide).	0.25x (amandla afikelelayo)	Kusetyenziswa rhoqo kwiiprogram yokuphumisa utywala ngenxa yesixa esikhulu somsebenzi waso kunye nomthamo omncinci omileyo. Kusetyenzwa nakwimigaqo yokunciphisa ukusetyenziswa kwe-benzodiazepine xa i-diazepam ayitholakali. Ukuba umthamo walo msinya, kusho ukuba kufuneka kubalwe ngencoko yonke imiyalelo yomthamo ukuze kube lula.
Temazepam (Restoril)	Iiyure ezili-8 ukuya kwezili-22 (emfutshane).	1x	Igalakaliselwe kwaye kusetyenziswa ikakhulu ukulala—umgca ombi olawulo lwegesi yinto enzulu kakhulu apha kuba leli gesi lisetyenziswa ukulala, kodwa xa kulahlekelwa ngalo, kunokubangela ukungakwazi ukulala okunzulu, okuya kwenza umntu ubuyele kuleyo gesi. Yenza ukulahlekelwa ngokuphindaphindiweyo ku-diazepam kwaye usebenzise ngexesha yonke

			imigaqo yokunakekela ukulala.
I-Z-drau (zolpidem / Ambien, eszopiclone / Lunesta, zaleplon / Sonata).	Iinyanga ezili-2 ukuya kweziyi-8 (kancinci kakhulu).	Enye into ekuguquleka yo — ekhuthakaze le kwi-GABA-A.	Akuyona iibenzodiazepine, kodwa zisebenza ngeenyawo ezifanayo ze-GABA-A kwaye zenze ukuxhomekeka kunye nomhlaza okufanayo. Zihlala zifakelwa njengemithi yokulala "engenanto eyomilekayo" — into ekuthi ubungqina bungumxholo ongalikhuthazi. Imithetho efanayo yokuphakamisa ukunciphisa isetyenziso iyayisebenza. Xesha elide kancinane ku-diazepam kwimeko yokuxhomekeka okukhulu.
Pregabalin (Lyrica) / Gabapentin (Neurontin)	Variable	I-GABA— indlela eyahlukileyo.	I-gabapentinoids ifakiwe apha kuba zinxulumene rhoqo ne-benzos, zisebenziswa rhoqo njengendlela yokutshintsha okanye ukunciphisa kwaye zinomthetho omtsha wokuxutywa kunye nokutsalaliselwa. Azikwanga yi-GABA-A agonists kodwa zisebenza kumachannels e-voltage-gated calcium kunye nemiphumela ye-GABAergic. Ukuntsalaliselwa kwazo kukaqinisekile kwaye kungaba nzima ngokuqheba kwezityalo ezinkulu. Kufuneka ukunciphiswa; ukuphuma ngokuthe ngqo kwe-gabapentin okanye i-pregabalin kumazambule amakhulu kunokubangela izinto ezinxiba.

Iintsingiso zokwenzeka eziyenza ukubuyela kwakhona kwi-benzo kube yinto eyodwa.

I-CENTURION – Igumbi yayinyaniso, kodwa yayisigqobho.

I-Compendium ye-Recovery Kernel iphepha elithi C-34 lidwelisana nalokuba libizwa ngokuthi "ukonzakala okubangelweyo ngokhathalelo": umonakalo owenziweyo yindlela yokunyamekela. Ukuntshontsho umbhali uwayena kunyanzeliswa kukho ukusetyenziswa kwezinto zokunceda ingqondo ngo-1998. Ubukhenketho bomlingo abantu abayiikhilomityhu abanayo ngenxa yonyango olwenziwe ngamabhasizipeni bebenzodiazepine iminyaka emide. Ukukhala okubekho phambi kokunyango—kwaye kunzima kakhulu ngoku kunokuba bekunjani ngaphambili, kuba inkqubo ye-GABA eyazama ukulawula oko isuswe kangakanani.

Ukuxhomekeka kwi-benzodiazepine ekubangelwe kukhozelelo olusemthethweni kunokukhulu okuthile okunye ukuxhomekeka kwezinto ezingamanga: ukungaqondwa ngokuba uyilandele inyathelo yomdla, kodwa uya kwiphinda usenkingeni enkulu kakhulu. Abantu abaninzi abanokuphazamiseko ekubeni baxhomekeke kwi-benzo ngenxa yokhozelelo lodokotela baziva njengoko bangabuyisiwe—ngabadokotela, inkqubo yezempilo, nangaye nawo nawona.

I-Recovery Kernel ayikufuneli ukuba uyixazulule le ntlekeleko ngaphambi kokuba uqalise inkqubela. Umatshiselwa kuphela ukuba ubeke ingqalelo yakho kwiibhayoloji. Ukuntsakazisa kunokuthethwa. Ukudluliselwa kunokuqala. Inkqubela nayo yinyani, kwaye iqhutywe kukubungakanani kweenerves ngaphandle kokuba ukuxhomekeka kwenziwe kanjani.

Into ekuba kuyinto eyenziweyo ngamayeza echaza ukuba: ingxaki yokukhathazwa enyuswe yile-benzodiazepine yayiyinyani phambi kokufakelwa kwemithi kwaye ingaba makhulu emva koko. Ukululama kufuneka luyeluleke ingxaki yangqiqo yokukhathazwa njengomanyano wengcebo—ayilona ukuba umntu unganamanga okanye uphawu lokuba ukuziphatha kakuhle akusebenzi, kodwa njengengxaki yokuqalayo yezempilo eyayitshintshiwe ngemithi.

Isigaba 2 — Uhlelo lwakho lwe-Genomic.

Iphepha le jeneti yokuphazamiseka kwi-benzodiazepine luhambelana kakhulu nephepha lejeneti lokubuyela kwisimo esihle kwaye lwahlalutshisa - i-GABRA2 yigini elibalulekileyo - kodwa kunamathuba adume kakhulu afanezelwe kuloo mxube, ngokusetyenziswa kwezinto ezifumaneka kuphela kwindlela yokusetyenziswa kwezityalo. Ukwazi iphepha lakho liyenza ukuba uyeke ngokucwangcisiwe, ukusebenzisa izipilini ezifanelekileyo, kwaye uqhube uhlelo oluyanceda ukulawula ingxweliso ekubalulekileyo ukuze uphumele ngokuphindaphindi.

Iphaneli yokuhlola i-DNA yokuphucuka kwi-benzodiazepine.

Igene.	Yenzani.	Ukuguqulelwa okubalulekileyo.	Ukubuyela kwakhona kwe-benzodiazepine.
GABRA2	I-receptor ye-GABA-A, iyunithi yesi-alpha-2 — ukuthibela okuyisisekelo.	rs279858 / rs279845, uhlobo lwegeni olunzulu.	Ukuba kukho ubungozi obuyi-ngqiqwano olubalulekileyo kwiimpempeko zokuxhomekeka kwe-benzodiazepine. Abantu abanezinto eziphazamisekayo ze-GABRA2 banobunzima ekusebenzelweni kwe-GABA, okanye "ibhhrhwekhi" yengqondo—le nkqubo ayisebenzi kakuhle kwaye ihlala ingabonakali. Iimpempeko ze-benzodiazepine ziqinile ukwenza le nkqubo isebenze. Ukululama kwabantu abanezinto eziphazamisekayo ze-GABRA2: kukuthatha ixesha elide kakhulu, kubangela iimpempeko ezibukhali ngakumbi, kwaye kufuneka ukuba kunokuba yintlanzi ukusebenzisa izixhobo zendalo ezifana ne-GABA. Abantu abanobungozi obunjalo bafanele ukuba bambalwa kakhulu kuba banobungozi obukhulu bokunyanzela ngexesha lokunciphisa umthamo wempempeko.
CYP2C19	Umthombo omkhulu wokutshintsha i-diazepam (i-Valium) kunye nezinye iziphene ze-	Umntu ongalityalwa kancinci, okanye ngokuphindaphindiweyo, okanye	UBALULEKE KAKHULU UKUTHINTSA IMVELISO YOKUPHELISWA KWEMEDICALI. Abantu abangcono ukuba bahlaliswe yi-CYP2C19 baye babambelela i-diazepam kumazinga aphezulu kakhulu kweplasma kunokuyimiselo

	benzodiazepine.	ngokukhawulelweyo, okanye ngokungenameko.	eyayingalindelekwa ngemixube esiqhelekileyo — umkhubuzwane we-Ashton we-diazepam uvelisa amazinga emithi asezantsongweni ukuya kwisithathu okanye amawidi aphezulu kumabalimazana abangcono kunabantu abadala. Oku kunokubanga ukuthandaza ngokugqithiseleyo, ukuba uthuthukile, ukuncitshiswa kokuphefumula, kunye nokukhululeka okungaqondakaliyo. Abantu abahlaziywa ngokushesha kakhulu banokuphulukana nemixube yabo kwaye banzule ukutsalaliselwa kwemithi kumixube ekufanele ukuba ibonelele. Yazi isimo sakho se-CYP2C19 phambi kokuba uqale umkhubuzwane wokuphelisa i-diazepam.
CYP3A4	I-enzima eguqulela i-alprazolam, i-clonazepam, i-lorazepam, kunye ne-midazolam.	I-inducers, i-inhibitors, kunye neenkqubo zokutshintsha ezijongenele rhoqo.	I-CYP3A4 ibalulekile ekuguquleni kweemithi ezininzi ze-benzodiazepine ezisetyenziswa kancinci. Iimithi ezikhubaza i-CYP3A4 (njengokuba yiyo indlebe, clarithromycin, namaqanda—ngoko ke, isiye sakwawo) zinokuphakamisa ngokukhulu izinga leemithi ze-benzo emzimbeni kwaye zibangele ukungathathi hlangothi okugqithisiweyo. Iimithi ezikhuthaza (njengokuba yiyo irifampin, carbamazepine, neSt. John's Wort) zinokuphakamisa ukutsalaliswa kweemithi kwaye zibangele ukubuyela kwesimo esidala. Xelela wonke odokotera kunye nabaphengululi yonke into oyithatyileyo.
COMT	Ukukhululeka kwe-dopamine, i-norepinephrine, kunye nedokhumenti yobunzima.	Val158Met (rs4680)	I-constitution ye-"Sage" (Met/Met, i-COMT esebenzayo kancinci) ibalulekile kubantu abathinteke ngamaxabaxaba e-benzodiazepine. Ingqondo efana neyona iyakhula ngokukhawuleza kwaye ifumana ukuba yeyona nto efanelekileyo ekuncedeni ukulungisa iimveliso zemikhoba engxebetheyo ezifumaneka kuma-benzos. Ukubuyela kwesimo esihle kubantu abanolu hlobo: ulawulo lwesizungu sisigqibo esibalulekile kakhulu. Isizungu esathumela umntu ukuba

			atshatile i-benzo kuzakuba ngisizungu esifanayo esithumela umntu kwi-PAWS (Post-Acute Withdrawal Syndrome) kunye nomngcipheko wokubuyela kwindlela engahlalanga. I-"constitution" yomlindi ("Warrior", Val/Val) ibonakala kwiindlela zokusebenzisa ama-benzo ngamanye amanyathelo kunye nezinye izinto.
MTHFR	Ukubekwa kwe-methyl – isisekelo sokukhiqizwa kwezinto ezithuthukisa ukudlala amva.	C677T (rs1801133), A1298C (rs1801131)	Iintambo ze-MTHFR zenza ukuba kube nkxaso kakhulu ukukhiqizwa kwe-serotonin ne-dopamine, nto leyo eyenza ukuba kubekho ingozi enkulu yobuxoki kunye nomdla ongcono. Ukongeza i-5-MTHF kulungisa oku kwangoko kwaye ngokuqhelekileyo kuphucula kakhulu ubuxoki—kunjalo olona khetho lobomi lwangempumelelo lokulungisa ingozi kunokusebenzisa imithi. Umntu othi uthi uza kusetyenziswa i-benzo impilo yakhe yonke ungafuneka nje ukongezwa ifolate eyayisiwe.
SLC6A4 / 5-HTTLPR	Ukukhanya kwe-serotonin transporter.	I-allele emfene.	Abantu abaneenya elifumileyo okanye abancinane kunokuba bakhululekile ngokuqala, banobunzulu obukhulu bezinto ezibangayo. Ukuba isitya esithile se-benzodiazepine sasetyaniswa kwiingxaki zengxiba, iindlela ezifana ne-SLC6A4 ezinyeenya ezimbalwa zingabonisa ukuba ingxiba yayinzulu ngokwanele ukuba ifanele ukwelashwa ngesitya, kunye nokuba indlela yokulawula ingxiba engasetyaniswanga negunya ayizange isebenze phambili. Ukubuyela kwakhazimla kufuneka kulungele ukuxhasa inkqubo ye-serotonin kunye nokuvuselela i-GABA.
BDNF	Ifactor ye-neurotrophic eyenziweyo ngengqondo — ukuguquka kwengqondo kunye nokulungiswa kwayo.	Val66Met (rs6265)	Ukusebenzisa iibenzodiazepine ixesha elide lubanga ukulahlekelwa kwakhona okubonakalayo — inkumbulo, amandla okucoca, kunye nomsebenzi wengqondo wonke uyathintwa. I-BDNF yiyona molekyuli eyisimpo yokuguquka kwegeyini ephakamileyo ekukhuthazisa ukubuyela kwakhona. Abantu abane-MTHFR banokuncitshiswa kokukhuphuzwa kwe-BDNF kwaye

			kunokuba kufuneke bafunde ngokuqheba okunzulu ukuze bathabathelele ubuhle obufanayo bokulungiswa kwakhona. Ukufundisa akuyonto eyenziweyo ukubuyela kwakhona ekulahlekelweni kwakhona eliphakanyisiweyo ngenxa yokusebenzisa iibenzodiazepine ixesha elide.

Ukufanisa ngaphandle kwemiphumelo yovavanyo.

Izixhobo zokuqinisa izimpawu ezifunyenwe kule ncwadlana zisetyenziswa:

- Ngaba iibhentso zinikeze ukukhululeka okunzulu kangangoko ezinye izityalo azinakwenza? -> Kunokuba kukho ingozi ephezulu ye-GABRA2 + Sage COMT. Ukulawula kakhulu kwengxaki yentswangazi kubalulekile ekwakheni inkqubo yakho yokubuyela ekuphileni ngokuphumelelayo.
- Ngaba i-benzos zikunyanzele kakhulu kunokuba bekucalulekile, ngamaxesa okukhululeka okuqhelekileyo—ukuthandaza, ukulahlekelwa kwinkumbulo, izinkinga zokuqhagamshelana—ngamaxabiso abanye abathathiwayo ngokulula? → Kusenokuba ungumntu ongaxhini kakuhle i-CYP2C19. Olwazi olubalulekile kumdokotela ofuna ukukunciphisa umthato wezinto eziqala kwi-benzos.
- Ngaba iibhentozo zikhululekile ngokushesha kakhulu kunokuba kufanele, kwaye okuza kukufuna ukuzifaka kwakhona rhoqo? → Kusenokuba ungumntu ongowexesha olukhawulelweyo wokuguqulela i-CYP3A4 okanye umntu ongowexesha olukhawulelweyo wokuguqulela i-CYP2C19. Xelela ugqirha wakho — ischedule yokunciphisa inokuba liyenziwe ngokutshintsha.
- Ingxaki yakho yobuxoki ibikhona yonke imihla, ngaphambi kokutholwa kwemithi? → Iintlobo ze-GABRA2, i-COMT, i-SLC6A4, kunye ne-MTHFR zonke zifanelekile ukuhlaziywa. Ingxaki yobuxoki ibalulekile kwaye inokulungiswa ngamathambo.
- Ngaba iintlobo zonyango zokunciphisa ukudangala azibangele ukuba yenze umsebenzi oqinileyo ekubandakanyeni okukhokelela kwindlela yokubhancuka? → Ukuthanda kwe-MTHFR kunye nokuntsholongelwano oluphuma kulo oluyinkqubo eyayingxebekanga engabanjiselweyo yeyona nto ebangela ukuba i-SSRI ingasebenzi. Yenza uvavanyo kwaye usebenzise i-5-MTHF phambi kokuba uthe ukudangala akusebenzi kwinto nakanye enye ngaphandle kwezibhancuka.

Isigaba 3 — Iprotokhili Yokunciphisa.

⚠ AKUKHOKHETHIHLANGANISO EZIPHUMELELAYO KWAYE EZITSHINTSHISAYO KUMHLA UKUQHEKEZA OKULAMNTU, NGOKUNCINTILE, NANGOMHLALI. AKUKUBUNYANI. AKUKUTYALWA. AKUKUTHETHO. AKUKUDINGA UKUQHUMA KWESIZA. KUQHEKEZA KUPHUMELELAYO. KUNCINTILE. KUMHLA.

Le sentensi ibaluleke kakhulu kule ncwadana, kwaye ayidinga ukuthiwa kaninzi. Iprotocol yezongezo eSahluko sesi-4 yenza ukunciphiselwa kwemithi kube lula ngakumbi. Iprotocol yobuntu yenza ukuba intliziyo ibekezele ngakumbi. Ubume obungokwemvelo be-GABA eSahlukweni sesi-6 yenza ubomi olukhulunyiwe lube lula ngakumbi. Kodwa akukho nto kulezi zinto ezikhona endaweni yokunciphiselwa kwemithi. Ukunciphiselwa kwemithi ndiyakhulu. Yonke into enye iyinxlelo.

3.1 — IProtocol yaseAshton — Umgca olungileyo.

I-CENTURION — Umsebenzi kaDkt. Heather Ashton — Imephu Ekhoyo Kule Ndlu.

UDokotela uHeather Ashton, umbhujisi wasebizini ezikakhulu waseBhritane owayesebenzisa ikliniki yokunyamekela abantu abathintwa kwi-benzodiazepine iminyaka eyishumi nesibholego, wenza okokuqala indlela ehleliweyo yonyango lwenthambaleko ye-benzodiazepine. Incwadi yakhe — efumaneka mahhala ku-benzo.org.uk — isasazi esikhulu kakhulu soncedo kliniki kuluntu oluthintwa yi-benzo, kwaye sisisekelo senkqubo echazwe apha.

Iiprini zibalulekileyo zeProtocol ye-Ashton:

Umthetho.	Ndingayenza ntoni?
Qala ngokutshintshela kwi-diazepam (Valium).	Ukuba usebenzisa i-benzodiazepine esebenzayo kancinci (alprazolam, lorazepam, temazepam, clonazepam), umhlaluthi wokuqala kukuguqulela kwakhona kumdla ofanayo we-diazepam. Umgca omude womhlaluthi we-diazepam (kunye namatayiteli asebenzayo amnandi) ukuthintela iipikhi kunye nezipili zokungena phakathi zomdlalo ezibangela ingxaki kunye nemiba yokuphuma. Lo mgunyaziso akuyi kukuguqulela, kodwa kulungiselelo lokuguqulela. Ubudlebenyebile be-CYP2C19 lubalulekile kule ntsintso.
Ncothulula ngamalaphu angamakhulu kwi-10 phakathi kweevha ezimbini ukuya kwezintathu.	Iipesenti eliyimibini yomthamo okhoyo — hayi umthamo wokuqala — rhoqo ngamveka ezimbini ukuya kwezine. Njengoko umthamo uya phantsi, iipesenti eyisiphumo ibonisa ukunciphiswa okuncinci nakancinci. Amanyathelo wokugqibela (umthamo osele we-5–10mg we-diazepam) zikakhulu eziyenzekayo kwaye zinzima. Umzimba kufuneka uqhube indlela, hayi ikalendi.
Ungasashi esigqibini.	Iinkulungwane ezimisiweyo zeepesenti ezili-20 zivamise ukuthatha ixesha elifanayo neenkulungwane ezimbini eziyi-80 ezidluleyo. Oku akuyona into engalunganga. Yile nkqubo yendalo ye-GABA-A

	receptor ekwandisiweyo esiya kufikelela kwiphuzu elinzulu kakhulu. Abantu abazama ukusheshisa amanyathelo wokugqibela bambalwa abangathandabuzeki ukuba baya kuyizukuma.
Beka umdla kwi-dose yeyona xa imisipho ibukeka ilingile.	Ukunciphisa okubangela izimpawu ezibangelwa kakhulu—ayizinto nje ezinokuba yintlekele, kodwa ezenza umntu ungakwazi ukusebenza—thathe ngalo mgama imvuzo kangamacala amabini ukuya kwine engxenyana phambi kokunciphisa kwakhona. Oku akuyonto ukungabi nakho. Yinto yokuvumela inkqubo yezimbovane ukuba isakazeke phambi yesigaba esilandelayo.
Iindlela zokusebenzisa eziluhlu kunye neengxenye zokugqibela.	Ngezixa ezincinci kun-5mg ye-diazepam, ukusika amathebhulethi kubangela ukungaqondakali. Iindlela zokuthengisa i-diazepam eliquid (noma i-valium ediliselwe kulwelo) zinikeza ithuba lokunciphisa ngamanye amaxabaxaba, njengama-0.5mg nangaphantsi, nto leyo eyenzeka kangangoko ukusika amathebhulethi. Buze udokotela wakho malunga neendlela zokuthengisa eliquid ngokukhethekile ngenxa yale nto.
Ixesha lokunciphisa idosi liyinyanga ukuya eminyakeni kubaxhoba abasebenzisi ixesha elide.	Ukusetyenziswa kancinci (iiveki): yeka ngexesha leeviki. Ukusetyenziswa kwemihla nemihla okwimathuba: yeka ngexesha leminyaka. Ukusetyenziswa kwemihla nemihla iminyakazo: qala ukuyeka kwaye kuqhele ukuba kufuneke iinyanga ezili-1 ukuya kwezintathu ukuze uphume ngokukhululekile. Oku akuyi "ukuzikhathalaza", kodwa yindlela ubomi lwakho olusebenza ngayo. Ukuyeka ngokuthe, kubangela ukuba ucinga kakhulu kwaye uswele. Ukuyeka ngexesha elide kunceda ukufumana impilo entle.

3.2 — Itafulathelwe lokuguqulela i-Diazepam.

I-CENTURION — Yazi Into Oko Kuyinto kwiNtengo Etsalwe.

Yonke imitha yezitya ze-benzodiazepine igunyazwa kwiindlela ezifanayo zedizam, ukuze kusetyenziswe ekuhleleni ukunciphisa. Le tafuli ikunika ulwazi malunga nomthamo wakho ophantsi we-GABA-A ngaphambi kokuba uqale. Sebenzisa oku kuloo nto yokuxubana nomdokotela wakho—ungazimiseli.

Igalelo.	Akukho ulwazi olufanelekileyo.	Imiyalelo.	Inkqubo yokunciphisa kancinci.
Diazepam (Valium)	10mg	Iiyure ezili-20 ukuya kwi-100 (iimveliso ezisebenzayo ziya iiyure ze-36 ukuya kweziyi-200).	Ukuncipha ngokuqhelekileyo—indlela efanayo esinconywayo.
Alprazolam (Xanax)	0.5mg	6–27 iiyure.	Kuyacetyiswa kakhulu ukuba uqalise ukutshintsha iimpowada

			ngendlela epholileyo, kuqala nge-diazepam.
Lorazepam (Ativan)	1mg	10–20 iiyure.	Ukutshintshela kwi-diazepam kunconywa.
Clonazepam (Klonopin)	0.5mg	I-18 ukuya kweyesi-50 iiyure.	Ezinye iindlela zokuphuma kwiimpowu ziqala ngokushesha; ukuba kunemixube emikhulu, kuya kufuneka ukutshintshela kwi-diazepam.
Temazepam (Restoril)	10mg	8–22 iiyure.	Ukutshintshela kwi-diazepam kunconywa.
Chlordiazepoxide (Librium)	25mg	Iintsuku ezili-24–48.	Kukwakhuluzwa ngokuthezekileyo; ixesha elide lempembelelo linikeza ukomeleza okuthile.
Zolpidem (Ambien)	10–20mg (malunga).	Iiyure ezimbini ukuya kwezintathu.	Ukutshintshela kancinci kwi-diazepam ukuba kukho ukuxhomekeka okukhulu.
Pregabalin (Lyrica)	Ayilona ngokufanayo ne-benzo—kuyacetyiswa ukuba uphoswe ngendlela ehlukileyo.	Iiyure ezisithathu.	Ukunciphiselwa okwahlukileyo, kanciphiselwe imigidi eyi-25 ngenyanga. Oku kufanele kwenziwe kanye nokunciphiselwa kwe-benzo kuphela phantsi kolawulo lwegqirha ogxile.

⚠ OLUVO WESIHLOKO. IMIBALISO INGABA YODWA NGENTLALO. IMEKO YABANTU IBONAKALA NGENDLELA EHILAKALILEYO, KWIXESHA ELIDE ABAYISEBENZISA, NANGENISWA UKUSETSHINTSHA KWEMIMILA. WONKE ULUVO LUFUNE UKUQINISEKISWA LWODOKOTELA ONENTLANGU YOBUNTU OBUNGENANTLALO.

3.3 — Ixesha elifunekayo ukunyamekela.

Iphepha.	Ibhayoloji.	Izimpawu.	Ndingenza ntoni?
Ngexesha lokunciphisa utyalo-lwazi (iinyanga ukuya kuneeyobhi).	Iirekhodara ze-GABA-A zinyuke kancinci njengoko ukucutshungulwa ngaphandle kwemithi luyekiswa kancinci; inkqubo yezimbovane ifunda ukusebenza ngaphandle kokuxhasa kwezonyango kwiindlela ezahlukeneyo.	Ukuguquka—ngokubalulekileyo, ukunciphisa ngakunye kunokubangela iintsuku ezili-1 ukuya kwezi-2 zengxaki yokukhathazwa, inkathalo, okanye imiba emithini phambi kokuba isabalazise kumgca omtsha wezitya.	Beka ilungiso nganye imini okungenani iiveki ezimbili ngaphambi kokuhlala. Iimpawu zelungisweni elingudluleyo azibonakalisi ukuba ilungiso alilunganga—zibonisa ukuba lusebenza. Ukuba iimpawu zinzulu kwaye zihlala de kumaxesha engama-3–4 iiveki, nxibelele nodokotela wakho malunga nelungiso elincinci ngokoqobo.
Ukuba nesimo ephantsi kokuphuma kwetyhefu (Iiveki ezili-1 ukuya kwezini-4 emva yesitya yokugqibela).	Ukunyuka kakhulu kwe-GABA-A; ukubaleka kweglutamate; ukuphindaphinda kwesakhelo se-HPA; inkqubo yezinervo ekuqinelweni lwayo olunzulu ngaphandle kokuxhasa ngeenyawo zonyango.	Ukunyamekela okukhulu, ukungakwazi ukulala, ukuba neentloko, umsindo omtsha, ukunyanzelwa kakhulu yimichilo kunye nemibhu, inkohlakalo, ukulahlekelwa ngamathambo, ukuziva sengathi awukho okanye indlu yakho ayiyona.	Ona le ndlela enkulu yeli nqaku. Inkxaso yezempilo iyatholakala. Uhlelo olupheleleyo lwezongezo lusetyenziswa. Zisuse izinto ezinkulu ezinokukwenza ukuba uzivele ungcono, ukuba zingabekwa. Thenga kancinci. Xelela udokotela wakho ukuba iimpawu zakho zinzima—amayeza amanzi (hydroxyzine, gabapentin) anganceda kwiingxaki ezinkulu, kodwa kufuneka asetyenzwe ngaphantsi kwenkxaso yodokotela.
Ukusisombulula kwexesha lokuqala (iinyanga ezili-1 ukuya kwezintathu).	Ubukhulu beenxibeko ze-GABA-A zifikelela ekubuyeni kwendleko; i-glutamate iyabuyela kwiilingo zayo ezilungileyo; izixhobo ze-serotonin ne-dopamine eziyayinxiba ukusetyenziswa kwe-benzo ixesha elide, ziqala ngokuphinda	Uphucuko oluqhubekayo kunye neengxaki; ixesha lokucaca elihlanganiswe nexesha lemiqulu; ukulala kuqalisa ukuphinda kuhlaziywa; ingozi iluncitshiswa kodwa iyahluka.	Iprotocoli epheleleyo ye-Recovery Kernel. Umsebenzi womzimba ngoku uyimpumelelo enkulu — i-BDNF iyanceda ukubuyela kwengqondo kwaye yenza ukunyuka kwezikhathi zokufumana (receptors) ngokuxhasa. Uhlobo lwe "windows and waves" lubalulekile kwaye akubonisi ukuba kunentlungu.

	zibuyele kwindleko.		
Ukubuyela kwesimo esiqhelekileyo okwanda kakhulu / i-PAWS (iinyanga ezili-3 ukuya kwezama-18 +).	Inkqunyelweyo ye-GABA-A iyaqhubeka; ukunyuka kwayo luhamba kancinci; utshintsho olwenziweyo kwezinto ezifana nezinongo ngokuphindaphindi weyo ngenxa yokusetyenziswa ixesha elide luyanyuka kancinci; ukuphucuko kwengqondo kuyaqhubeka.	Iingxaki zokukhathazwa ezikhoyo rhoqo, inkqubela engcono yengqondo, i-tinnitus, ukutshintsha kwimeko yamehlo, ukungabi nakwento emelwaneni, okanye ukuba utyaba kakhulu—ephuma kwaye iphelelwe ngaphandle komxube onokubalwa.	Ona ngumkhuhlane ongalalanga kakhulu (i-protracted withdrawal syndrome - PAWS) — yinto eyaziweyo, yenziweyo, kwaye engunyango kwimigaqela emikhulu yabantu. Iingxaki ziya yehluka ngokunyanzela kunye namandla ngexesha elithile. Imigomo eqinile esenzelwa nsuku zonke ibalulekile ngakumbi kunokulawula iingxaki nganye.
Ukubuyela kwesimo esipheleleyo (iinyanga ezili-12 ukuya kwezama-24 +, kubaxhobile yo ixesha elide).	I-density yomthombo we-GABA-A ilungiselelwe; ukusebenza kwengqondo kuhlaziywe ngokukhawuleza; intambo ye-HPA ixoleleke; ingxaki yokudida ibuyele kumlingo ongaphambili okanye engcono.	Ukuphathwa kwengxaki yentliziyo ngendlela enzulu kwaye engenzi kuleyinto; ukubuyela ekucacilekweni komqondo; ukuphindaphinda kokulala ngokunjalo; ukufumana imvakalelo yangempela.	Inkqulelo "yendlela yokuphathwa kweengqiniba endala" kule ncwadana (C-28) iya kuqaleka ngokupheleleyo. Umntu oza kwesi xesha, ezibuze ukuba nawe uya kuba nakudlala okunjalo njengomntu ongalo, sele ufumene impendulo. Impendulo yiyo "ee".

3.4 — Isimo Esingabonakaliyo Sokutsalwa kwe-Benzodiazepine.

I-CENTURION — Amawindi Avelayo Emva kweGesi— Eyingqiqo, Enamagama, kwaye Eyintlekele.

I-withdrawal syndrome yezitya ezibizwa nge-benzodiazepine (PBWS) yenye yeemvakalelo engabonakaliswanga kwaye eyonakeleyo kakhulu kwisithixo socekiso. Yenzeka kumntu omkhulu osetyibilini abasebenzise i-benzodiazepine ixesha elide, kwaye ingaqhubeka iminyaka emi-12 ukuya kwimi-24 emva yesitya yokugqibela. Iimpawu zayo zifana kunye zithuka ngaphandle komjikelo ocingekileyo—umvakalelo "wamawindow neeweyi" onokubangela ukungaqondwa okukhulu malunga nokuba ukufikelela kwisimo esiphilayo kuyenzeka na.

Iphethelela yencwadi: I-PBWS sisimo esiboniswe ngokuba sisifo senjolini. Ayilona ukubuyela kwengxaki yokukhathazeka. Akuyi bubungqina bokuba kufuneka kusetyenziswe i-benzodiazepine ngonxelo. Yinkqubo ye-GABA-A ephelileyo

ekwenza ukulungiswa kwayo ngokwayo, okanye ngexesha elayo, eyona nto engathandwa ngumntu osulelekayo.

Iimpawu ze-PBWS zingabandakanya: iindlela ezikhulu zokukhala okunzulu okanye ukuba neengqinba, itinnitus (isandi esithile emibindini), izinto ebonakalayo ezingavamile, ukulahlekelwa kwakhobokhobho kunye nokuziva sengathi uyahlala kwenye indawo, inkathalo yengqondo (ukungakwazi ukufumana amagama, ukukhumbula), ukungabi nakubandakanyeka ngemizwa okanye ukuba neemvakalelo ezikhulu, kunye nokunyanzela kwezinto ezinje ngeklaviya, imichilo, kunye nomjikelo. Nakuphi na kwale nto ingabonakala ngokuthe ngqo, ihlala iiyure ukuya kumalungulo, emva koko iyaphela—kodwa iya kuphinda ibonakale kwiiveki ezilandelayo.

Ukuphendula kumgca wemigubo yezinto ezinokuthanda (PBWS): landela iProtocol 01 (Isicaka). Ukuphefumlela kwe-4-7-8. I-Magnesium. I-L-theanine. Xhumana nodokotela wakho ukuba izimpumulo zinzulu okanye ziquka nayiphi na inkqubo yezifo ezingqongqosheni ongenayo ngaphambili. Ungayifumani le migubo njengumboniso wokuba kufuneka uphindise i-benzodiazepine—olu lolona ndlela oluqhelekileyo kunye nonxibelelwano oluthengiweyo lokuphendula kumigubo yezinto ezinokuthanda.

Isahluzo 4 — Ukulungiswa Kwezinto Eziphilayo: Umgca Wokuxhasa i-Taper.

Iziyawayo kunye neenkqubo kule ndawo ayithathi indlela yokunciphisa utyalo-mhlalutho. Zenze ukunciphiswa kwetyalo-mhlalutho kube lula, zincedise ukuphucuka kwe-GABA-A receptor, zibhekane nobunzima bezulu obubangelwe kukusetyenziswa kwe-benzos, kwaye zivuselele iinkqubo ezilahlileyo ekusetyenzisweni kwexesha elide le-benzo.

Kubalulekile: ukuba sele uzamkelwe kwindlela yokunciphisa utyalo lwegesi yeenzamane ezibutyebileyo, xoxe nabantu abadokotela ngayo phambi kokutshisa nayiphi na into. Ezinye izinto (umthi we-valerian, i-kava, itaurine emininzi) zinezinto ezinokuthintela ukusebenza kwe-GABA kwaye zingabangela ukuba ube ngathi uthule kakhulu ukuba uzityalwe kunye negeyisi yeenzamane ezibutyebileyo.

4.1 — I-Foundation yeMethylation.

Enkqubo yokuphucuka ye-GABA ifana nomhlathi weenyawo kunye ne-GHB kuba inkqubo yokunyamelwa ibalulekile kwiiphenya zombane. Ngokongezelelweyo eyenzelwe iibenzodiazepine: ukulahlekelwa kwengqondo ekubandakanyekeni kwezinto ezinje ngeebenzodiazepine ixhomekeke kumavithamini e-B, kwaye inkxaso yokuphucuka ngokukhawuleza ifumana ukuphucuko ngokusetyenziswa kobuxhobo obuqinile bokunyamelwa kunye nokubuyisela i-GABA-A.

I-supplement.	Idosi.	Ixesha.	Imiyalelwaneni ekhuthulweyo kwi-benzodiazepines (i-"benzo"):
			* Ukuthembekileko: I-benzodiazepine nganye inokuba neempembelelo ezahlukeneyo kumntu ngamnye. * Ukusetyenziswa okungafanele: Ukusetyenziswa kwe-benzodiazepines kungaba nomthetho kwaye kunokukhokelela ekuxakekile, ukuthanda, kunye nokuzithemba. * Ukutsalaliswa: I-benzodiazepines ingathintela ukusebenza kweminye imithi, njengamayeza okudibene. * Ukuphazamiseka: Ukuyeka i-benzodiazepine ngexesha elingafaneleyo

			kunokukhokelela kwiimpembelelo ezifana nokulala, ukuba nesiphefu, kunye nomdla. *** Ukuthanda: Abantu abathandayo i-benzodiazepines banokuphulukiswa ngokungathi umntu uthanda into ethile.** *** Ukuphazamiseka kwengqondo: I-benzodiazepines inokukhokelela kumiba emangalelweyo, njengentliziyo kunye nomdla.** *** Ukufa: Ukusetyenziswa kwe-benzodiazepine kunokukhokelela ekufeni, ngakumbi xa kusetyenziswa kunye neminye imithi ethintela ukuphefumula.** **Ulwazi olungaphezulu malunga ne-benzodiazepines lunokufumaneka kwi:** *** [findahelpline.com] (https://findahelpline.com/)**
5-MTHF (L-methylfolate)	400–1000mcg	Ukutya ekuseni.	I-supplement eyakubaluleke kakhulu yokunyamekela ukululama kwesityeke. Ukuba ingxaki yobunzulu ekwenzile ukuba uyisetyenziso seetyelekelelo yayingumphumela wengxaki kwezinto ezithintela ubunzulu ezingabizwa ngokuba zinxulumene ne-MTHFR, i-5-MTHF ibhekana nayo ngqo. Abantu abaninzi baye banyanzela ukuncipha obunzulu kakhulu phakathi kweeviki ezimbini ukuya kwezine emva kokuqala ukusetyenziswa kwe-5-MTHF—kwaye oku kwazisanga kuphela bona kodwa nabaxhasa ababaphakamisa le tyelekelelo. Qala nge-400mcg. Yandisa kancinci ukuze uthintele ukuba kusentla umgca wokunyamekela (ukwandiswa olukhawulelwe lobunzulu obungaba ngokuqhelekile phakathi kweveki yokuqala).

Methylcobalamin (B12)	1000–2000mcg	Mhla mhle, ngaphantsongwe.	Ukusebenzisa iibenzodiazepine ixesha elide kunciphise izikhungo zokufaka i-B12. Ukungabi nento yokunempilo ye-B12 kunyusa ukulahlekelwa kwengqondo okubangelweyo yokuphumla kweebenzodiazepine. I-methylcobalamin ephantsi loluphaphu luyenza ukuba i-B12 ingangenisiwe kwiingxubwini zokutya, kwaye inceda ngokuthe ngqo kokufakelwa kunye nokukhuselwa kweminwe yengqondo.
P5P (i-B6 esebenzayo).	25–50mg	Mhla mhle.	I-cofactor yokuhlanganiswa kwe-GABA. Ukuguqulela i-glutamate ibe yi-GABA kufuna i-pyridoxal-5-phosphate. Kwinkqubo yokuphucuka kwi-benzo, apho amandla okwenza i-GABA eyayikhulukileyo ngokuphazamisekile ngenxa yokuncitshiswa kwezinto ezinxibelelene nakho ixesha elide, ukunika le cofactor inceda ekubuyiselweni kwempumelelo yokuvelisa i-GABA yangaphakathi. Sebenzisa nje ifomu ye-P5P—i-pyridoxine eyandileyo ayinanto ethe xhasa ukuguqulela ngokuthembekileyo.
I-magnesium glycinate.	400–600mg ye-element.	Ukuhlaziywa komhlalaphansi kunye nomlomo kusetyenziswa kwiintsuku ezimbini. **Inyanga:** * Uhlaziyo lwemihla nganye olusisweyo. * Ukuhlaziywa komlomo. **Iintsuku eziyi-6 ukuya kweyesi-12:** * Uhlaziyo lwemihla	I-stack ye-GABA yokubuyisela ekwi-compendium igxile kakhulu kumagnesium glycinate njengoko kuyinto yokuqala phakathi kwezongezo ezixhasa ukunciphiselwa kwe-benzo. Umhlaziyi we-NMDA, isilumkiso se-GABA receptor, umfani wokukhiqizwa kwe-GABA, isilumkiso sentliziyo, inkxaso yokulala. Yinto ebaluleke kakhulu ekunciphiselweni kwe-benzo. Qala ngosuku loku-1 lokunciphiselwa—yile ndlela esekayo.

		nganye olusisweyo. * Ukuhlaziywa komlomo. **Inyanga engama-3:** * Uhlaziyo lwemihla nganye olusisweyo. * Ukuhlaziywa komlomo. **Inyanga engama-6:** * Uhlaziyo lwemihla nganye olusisweyo. * Ukuhlaziywa komlomo. **Inyanga engama-9:** * Uhlaziyo lwemihla nganye olusisweyo. * Ukuhlaziywa komlomo. **Unyaka ophi:** * Uhlaziyo lwemihla nganye olusisweyo. * Ukuhlaziywa komlomo.	

4.2 — Ukuxhasa ukubuyiswa kweNkqubo ye-GABA-A.

I-CENTURION — Ukuxhasa ukuphucuka ngexesha lokunciphisa.

Iphepha leencwadi ligama iqela lemixube eyinxepheko ekuxhasa ukubuyiswa kwe-GABA kwiiprogram zokuphuma kwimithi ye-benzo: magnesium glycinate, L-theanine, taurine, umthi we-valerian, kunye ne-phosphatidylserine. Le ndawo yenzelwe ukwandisa ngamanye amaxhwango athile mayelana ne-benzo kwaye yongeza ezinye iindlela ezixhaswe ziimpawu.

⚠ ISILUMKISO MALUNGO NEXESHA: Yonke imithi encedisa i-GABA kufuneka ixoxwe nomdokotela ngaphambi kokuyifaka ngexesha lokunciphiswa kwemitha. Ezinye—ngokukhethekileyo umthi womthi waseValencia kunye ne-taurine kumaxabiso aphezulu—zingandibathisa kakhulu. Yongeza enye nganye kwaye uhlolisise ukuba yenzeka ngaphambi kokongeza elinye.

Ukonyonga.	Idosi.	Ixesha.	Indima kwi-recovery yee-benzodiazepine.
L-Theanine.	200–400mg	Njengoko kuyimfuneko—mazantsi kwezihla ezimbini okanye ezintathu ngosuku ngexesha lokunciphisa.	I-L-theanine igunyazwe ngokukhethekile kule nkqubo ukubuyisela i-benzo ne-GABA. Kukwenza utshintsho kwe-GABA kunye neglycine; kwenza imeko yengqondo enamagama "alpha"; kukuxhasa ukunciphisa ingxaki yokudangala ngaphandle kokuba nomdla, kwaye akukhange kubangele ukuthanda. Le supplement iyona eyakholelwa ukuba inikeza inkqubo ekhethekileyo yokuphucula ingxaki yokudangala ngaphandle kokubangela ukuthanda ngexesha lokunciphisa utyalo-lwazi—ngoko ke, yinkqulelo eyekhoyo engasetyenziswa kwiindlela ezininzi zokulawula ingxaki yokudangala phakathi kwezitya.
Taurini.	1–2g ngosuku.	Ngeentyambo.	I-taurine ibizwa kwi-compendium njengoko kunceda i-receptor ye-GABA ekubuyeni kwempilo emva kokusebenzisa imidakwoyo eyaziwa ngokuba yi-"benzo". Kukwenza: ukulawula i-receptor ye-GABA-A; ukukhusela ingqondo; kunciphise umonakalo obangelwe kukakhulu kwe-glutamate. Qala ngemitha engama-500mg kwaye yandisa kancinci ukuze ubone ukuba uyawuthwala kakuhle. Ungayithathi kuluntu xa usentwasahlobo, njengoko kungabangela ukungumani okuninzi xa ihlangana nemida eyomileyo "benzo" ekubeni kwempilo yakho.
Umthombo wemithi	300–500mg	Ngebusuku -	I-valerian root igunyazwe kwi-

yomhlopheyo (valerian).	yinto ekhethekileyo.	qaphela ukungayisebenzisi ngexesha lokunciphisa umthamo, ngakuba uyasebenzisa needosi ze-benzo.	compendium ukuba yancedise ekulawulweni kwe-GABA kwi-recovery ye-benzo. Ukuthintela kwe-GABA transaminase—kunciphisa ukubanjelwa kwe-GABA. Kungafanele kusetyenziswe ngexesha elikhulu lokunyathela okuncitshisiweyo, okanye kwinkqubo yokugqibezeka xa iidosi ze-benzo zisezantsi kakhulu. Kufakwe ubungakanani obuqinisekisiweyo ukuba lunceda kwi-anxiety kunye ne-insomnia. Musa ukuyisebenzisa kunye needosi ezisetyenziswa ze-benzo ngaphandle kokukhululekile kwengqalelo yomongameli.
I-phosphatidylserine.	300mg	Ubusuku obuhle.	Iphethelela igama elithi "phosphatidylserine" njengoko kusetyenziswa ukunciphisa i-cortisol kwiinkqubo zokubuyela kwempilo emva kokusebenzisa imidakwoyo eyaziwa ngokuba yi-"benzo". Kusetyenziselwa ukunyusa ubungakanani be-HPA axis; kunciphisa i-cortisol engabonakala kusasa; kunceda impilo yefilimu ye-neuronal ebalulekileyo ekubuyeleni kwempilo kwe-GABA-A receptor. Kusetyenziselwa ukulungisa ukunyuka kwe-HPA axis okubangela ingxaki enkulu yokukhala kwiinkqubo zokubuyela kwempilo emva kokusebenzisa imidakwoyo eyaziwa ngokuba yi-"benzo".
Inositol.	4–18g ngosuku (yandisa kancinci kancinci).	Kwahlulwe ngemiyalelo.	Ukulungiswa kobukakhetshewe kwezixhobo ze-GABA ne-serotonin. Ukunciphisa ukukhathazeka kunempumela ebonakalayo kwiintlekele zokugqala (eyinto evamile ekubuyiselweni kwemithi yokuphumla). Kufuneka kusetyenzwe ithempi eliphezulu ukuze kufikelelwe kumphumela wezifo zenhlalo—yandisa ngendlela ecothileyo. Kulungisekayo, kodwa ukulungiswa kokutshabalalisa

			kwegastrintestinal kunokufuneka kwiithempi eziphezulu.
NAC (i-N-Acetyl Cysteine).	600–1800mg ngosuku.	Ekuseni kunye nobuntulo ngendlela yokudla.	Kubuyisela ukulinganisa kwe-glutamate—kufanelekile ngokuthe ngqo kumalimo e-GABA-glutamate okubangelwa kukutsalaliswa kwebhentozi. Linikezela ngenkxaso yokuvela kwe-glutathione ekuxinwekeni kwemithombo yangaphandle obangelelwe kukuhlehliswa kobunzima bezengqondo ngexesha lokunciphisa ithempi. Kufumaneka ubungakanani bokukhathazwa neenkxalenye zokuzifihla.
Lemon balm (Melissa officinalis)	300–600mg esenzelweyo.	Ngebuso okanye xa kusafaneleka.	Inkqubo yokuthanda i-GABA: ifumela kwaye ingenye, kodwa iyanceda. Yenza njengoko eyenziyo le-valerian, kodwa ingumntwana omkhulu. Iyindlela entle ngexesha lokugqibezela ukunciphisa ithemethri, xa usetyenzile i-benzo kancinci. Inceda ekuzoliseni umdlandla kwaye iyakhuselelweyo. Abanye abantu bayithanda njengoko kulula ukuyifumana kwi-valerian, kodwa ingasetyenziswa ngemini.

4.3 — Ukuphathwa kweNgxaki: Isizathu Esibangelayo.

I-CENTURION – Umthandazo wayo ubilizela ingxaki yenkuthalo. Ukubuyela kwakhuliswe kufanele lixazulule le nxenye ngendlela eyahlukileyo.

Ukukhulu kwayo ukuba yinkxaso yokubaluleka ekuboniseni ukuba umntu kufuneka afumane i-benzodiazepine, kodwa ngenxa yokuba iya kuba ngaphandle kwakhona ngexesha lokunciphisa ivenkile, kwaye ingaba nzulu ngakumbi ngexesha lokuphucuka lokuqala kunanjani ekubalweni ngaphambi kokufumana le nkxaso.

Okwenzi uphawu lokuba ukubuyela kwempilo akunakwenzeka. Yiphawu elibonisa ukuba ingxaki yayiyinkqubo yobomi kwaye i-benzodiazepine yayilapha ngendlela yezinto ezifakelweyo, engenazintlalo yokulungisa inkqubo yobomi eyayikhona. Ukubuyela kwempilo kunokuba ngumsebenzi wokwakha inkqubo yobomi neyobuqholo ukwenza ukuba umntu akwazi ukuphatha ingxaki ngokusebenzisa iindlela ubuchopho buzinikezayo.

Ukusetyenziswa.	Inkqulelo.	Ukufakelwa kwiinkqubo zokuphucuka kwisifo esibangelweyo ngama-benzodiazepine.
Ukuphefumula ngendlela eyenziweyo (4-7-8, ukuphefumula okulinganisiweyo).	Ukuvuselelwa kwezicubu ze-vagus; ukuba neyona ephezulu yezinto ezilawulayo zombili; ukuhlela ngokuthe ngqo i-GABA-B; ukunciphisa i-cortisol.	Inkqubo yokunciphisa ukukhathazwa esebenzayo kakhulu engenanto eyokwelapha. Iphumela ngamasekhondi angama-60 ukuya kwangama-90. Kufuneka uhlale uyenza oku rhoqo ukuze kube yinto ezenzekelayo xa kufunekile. Le nto ayiyona inkxaso engabizwa—ukubuyela kwi-benzo, le yindlela ekhethekileyo yokulawula ukukhathazwa ngexesha lokunciphiswa kunye nangemva koko. Inkqubo yesu 01 yokuphefumlela evela kwincwadi. Okungenani imizuzu eyi-10 kusasa nebusuku, kwaye nakuba kufuneka.
I-CBT yoxala (ikakhulu esekubandakanywen i).	Ukuguqulela kabusha imibono engxakazile ekhokeza kwakhulu; ukusetyenziswa kweendlela ezilungiselelweyo zokunciphisa umvuzo wokukhathazeka kwiimpawu ezikhuthazayo.	Inkqulelo ebonakalayo kakhulu engaphandle kwezinto ezifakelweyo yokunyamekela ukukhathazwa. Kungcono ukuba iqalise emva kwamaxesha angama-3–6 ukusetyenziswa kwemithi, xa umsebenzi wengqondo ujonge ngokwanele ukuze unyamekelwe ngempumelelo. I-CBT ayiyona inkqubo yezonyango ezahlukileyo—ibonisa utshintsho oluqanjwayo kwi-amygdala kunye nokuthintela kwe-prefrontal cortex ekubandakanyekeni kwenguquko yokwesaba. Iprotocol 11 yale ncwadana ibhekiselela kule ndlela.
MBSR (Inkqubo Yokunciphisa Ukuxhalaba esekwe kwiNtetho).	Yandisa ngokubonakalayo ukunyusa kwe-GABA; yehlisa umsebenzi we-amygdala; uqiniswa lwegxaba eliphambili (prefrontal cortex); ukuncipha kuka-cortisol.	Inkqulelo yokulungiswa eyi-8, enobukakanga obuqinile kwiingxaki zokukhala. Ingaba lula kunokusetyenziswa kwe-CBT kubantu abambalwa kuba ayidingi ukubuyisela ulwazi olukhangeleyo—yenza amandla okucinga ngendlela efanelekileyo yokubukela ukukhala ngaphandle kokuba ukhululekile kulo. I-Sage constitution iphendula ngokukhethekileyo kumgaqo we-MBSR.
NSDR (Ukuxolisa Okujongene Ngokunzulu ngaphandle	Ukusebenza kwe-parasympathetic; ukukhululwa kwe-GABA; ukuvuselela i-dopamine	Iminyaka engama-20–30 ngosuku. Ifumanekayo mahala ngeYouTube (tsala 'yoga nidra' okanye 'NSDR'). Izenza ukuba yimilo yenkqubo

Kokulala) kunye ne-yoga nidra.	ngaphandle kokulala.	yeenervesi eyayikhokelelwa kukudlala kwe-benzo enyanzela ukulala kangangeminyaka. Iluncedo kakhulu ngexesha lokunciphisa umthamo, xa ubungakanani bokulala butshintshe kwaye uxhobongo lwasemini lubukhulu.
Ukutyibilika kumatyala asebanda.	Ukukhululeka okukhawulelwe kwe-parasympathetic ngokushesha ngokusebenzisa ukubuyela emuva; ukunyuka kwe-norepinephrine kulandelelwa kukuthula okuqhubekayo; kwenza umntu abe namandla ekuxhasa iingcinga.	Manzi opholile ebunzini, ukuhlamba ngamanzi opholile ekugqibeleni (imizuzu engama-30 ukuya kwangama-90), okanye ukungena kumthini wamanzi opholile. Ngenye indlela esheshayo yokunciphisa ingxaki yentlekele yeengqwethembileyo ngaphandle kwezityalo. Ukuba nomdla kakhulu (ukubhabha umntu ngamanzi opholile ebunzini nasegalare) kunyusa ukuncipha kwesilinganiso sentliziyo ngamasekhondi—kuyanceda kwiingqwethembileyo neentlekele zengxaki.

4.4 — Ukulibazwa Komlingo — Umbano we-Benzo Ukhululekile.

I-CENTURION — Ingqondo enayo ngaphambi kokuthola imithi iyakhona. Iyabuyela.

Ukusebenzisa i-benzodiazepine ixesha elide lubanga ukulahleka kwakhona okubonakalayo — "umnyombo we-benzo" owohlulela inkumbulo, ivelokhini, inkxaso, kunye nokufunyanwa kwezwi. Enye yezinto ezikhulu kwaye ezinobunzima kakhulu kwiimpempeko ze-benzo kuba eninzi izidokotela aziboniyo kwaye zihlaziywe njengentshokozo endaweni yokuboniswa njengomthetho womatshini.

Iinkokeli ezilungileyo, ezinombulelo olufakwe kwiingcebisi zocwaningo lwenkqubo yezemithi: ukusebenza kwengqondo kubuyela ngokukhulu kwaye kunamandla ngokuphindaphindiweyo. Ubukho bomdla bemiba emininzi buya kusombulwa zingxenye ezili-3 ukuya kwezili-12 emva yesitya yokugqibeleleyo. Ukuguquka kwenkqubo yezemithi ebanjiweyo yi-BDNF ngumgca omkhulu wokubuyela kule nto.

- Umsebenzi: into ekukhuthazayo kakhulu ye-BDNF. Umsebenzi weminyaka engama-30+ yemikhakha yomoya ngosuku ukhulisa i-BDNF ngezinto ezili-200–400%. Oku kuyinkqubo esemthethweni yokubuyisela amandla okucinga kwaye ifumaneka kubo bonke. Ukungabi nakwakhathazwa ngamayeza (benzo fog) kuphucuka ngokukhawulelweyo kwabantu abazinakekelayo umsebenzi ngexesha lonke lonyango.

- Ukufunda amakhono amatsha nezinzuzo: Ukufunda inkqubo entsha yokufezisa into kukhuthaza i-BDNF (Brain-Derived Neurotrophic Factor) kuminda eziqingqeyo yenkobe enxibelelene nayo. Ukufunda isixhobo, ulwimi, umthandazo, okanye ikhono elinzulu lemilingo—nayiphi na into efuna ukuba unomdla kwaye eyenza ngamabali-bali—ikhuthaza ukuguquka kwenkobe ekusebenzayo ekubalulekileyo ekubuyiseni umsebenzi wengqondo.
- Alpha-GPC okanye i-CDP-Choline (iikhilogramu ezili-250–500 ekuseni): inceda ukukhiqizwa kwe-acetylcholine — isiqheke esixhase kakhulu ngokubalulekile kumemori kunye nokufunda. I-Benzodiazepines ihlala iphazamisa umsebenzi we-cholinergic. Ukongeza into eyayikhoyo inceda ukubuyela kwakhona ekukwazi kokubhaliwa kombumbeko womyalo.
- Inhlama ye-Lion's Mane (500–1000mg ngosuku): Ukukhuthaza i-NGF ekwandiseni ukukhuphuka kwezicubu zebanga kunye nokuguquka kobuqili. Kubalulekile ikakhulu kwiinkumbulo kunye neengxaki zobufundo eziqhamayo ngenxa yokusetyenziswa ixesha elide le-benzo.
- DHA (1000mg okanye ngaphezulu ngosuku): yingxenye ebalulekileyo yeembrane zamaselula zengqondo; isekela ukutshintsha kwe-BDNF; ibaleka ukuvuvukala kwengqondo okuphantsi kwayo, okuza kunokuphazamiseka komjikama we-GABA ixesha elide.

4. 5 — Ukulungisa Ukuphumla.

Ukusebenzisa i-benzodiazepine kunciphise ukulala kwe-REM kunye ne-stage N3 (ukulala okujongene), ezimbini izixhobo ezibalulekileyo zokulala. Ukungaboni umngama obubizwa ngokuba yi-"insomnia" ekubaluleke kakhulu ukuncediswa ngayo nge-benzodiazepine, kwakufana nokutshintshiselwe kukulala okuzwakaliswa njengokuqhubeka ixesha elide, kodwa okuphantsi kakhulu kumgca weenerves. Ukunyamekela kubandakanya ukubuyela kweendlela ezifanelekileyo zokulala—kwaye olu hlelo lubandakanywe kukamva lokungaboni umngama okwaphinda, elo lungqingu lwesibini esiyizinto ezisetyenziswa yimilinga ukufumana ukulala kwe-REM ekubaluleke kakhulu.

- Imelatinini: 0.5–1mg ngaphantsi koluphunga, imizuzu engama-30–60 ngaphambi kokulala. Idosi encinane—idosi ephezulu ingabangela ukuhlaziywa kakhulu kunokuxhasa irithim yobomi.
- Magnesium glycinate: mgama-400 ye-elementi, iiyurenye ngaphambi kokulala. Ukuzinzisa kwe-receptor yee-GABA-A nokunciphisa i-glutamate kunyamekela ngokuthezekile ekukhulu kwengqiqima okuthintelo ukulala kwi-benzo recovery.
- Glycine: 3–5g, imizuzu engama-30 ngaphambi kokulala. Ukunciphisa ukufudumeza kwegunya elingqinelweyo (eyona nto ibalulekileyo ekuphakamiseni ukulala) kunye nokuhlela i-NMDA ekuxhaseni ubhalansini we-GABA-glutamate.

- L-Theanine: mgidi 200–400 kuseni. Ukukhuthaza amaweli e-alpha; kunciphisa ukucengcwaliswa okumangalayo okunokuvimbela ukuphumla.
- 5-HTP: mg 50–100 kusentwaso. Yinto eyenza i-serotonin kwaye iya kujamelana nokuba yimelatonin — isekela both imizwa kunye nomjikelo wophuhliso lokulala. Ungayixhutyushiyo ne-SSRIs ngaphandle kokuxelelwe ngugqirha.
- I-ekstrakthi yewayini etyibilini: 480mg okanye i-240ml yesithebe, kusasa. Umthombo wendalo we-melatonin kunye nomdibaniso ophantsa ukutshabalalisa. Iyasetyenziswa ekuxhaseni ukulala ngaphandle kokucaphazela ukulala kwe-REM.

Ukuhamba kakhulu kwelukuluku (Sleep Architecture)

[Iinkcukacha ezifunekayo]
* Ukuba nabantu abaphambanisa ukulala kunye neenxalenye zokuhlaziywa kwezinto ezinobunzima.
* Iindlela ezininzi zokuphucula ukulala.
* Ukwenza izigqibo ezifanelekileyo ngokusekwe kwiinkcazelo.

[Imiyalelwaneni]
1. Ukuba nabantu abaphambanisa ukulala kunye neenxalenye zokuhlaziywa kwezinto ezinobunzima.
2. Yenza izigqibo ezifanelekileyo ngokusekwe kwiinkcazelo.

[Imiyalelwaneni]
1. Ukuba nabantu abaphambanisa ukulala kunye neenxalenye zokuhlaziywa kwezinto ezinobunzima.
2. Yenza izigqibo ezifanelekileyo ngokusekwe kwiinkcazelo.

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2. Yenza izigqibo ezifanelekileyo ngokusekwe kwiinkcazelo.

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1. Ukuba nabantu abaphambanisa ukulala kunye neenxalenye zokuhlaziywa kwezinto ezinobunzima.
2. Yenza izigqibo ezifanelekileyo ngokusekwe kwiinkcazelo.

[Imiyalelwaneni]
1. Ukuba nabantu abaphamb

4.6 — Iphepha leKhuselo le-Peptide.

Ulwazi oluyimfuneko malunga ne-peptides yonke – iimpawu zocetyiso.

I-peptide.	Inkqubo ekukhawulelweni kwesityalo.	Ixesha.	Notes
BPC-157	Ukulungiswa kwephulo ye-GABA — kwibonakaliswe imiphumo yendlela ye-GABA-B; ukunyamekela kwedopamine ne-serotonin; ukulungisa indlela phakathi kolwimi nomzimba; ukukhusela inkqubo yezemithi ekutshabalalweni ngumgca we-glutamate ngexesha lokutsheka.	Ngexesha lokunciphisa kwaye emva kokunciphis wa—mhla zonke.	I-BPC-157 yilepidi ebalulekileyo kakhulu ekubuyeni kwempilo emva kokusetyenziswa kwezityalo ezibizwa nge-benzo, ngenxa yesizathu esifana nesisetyenziswa kwi-GHB: iimpawu zayo zokulungisa inkqubo ye-GABA zinxanisi ngokuthe ngqo kwinkqubo efuna ukubuyela empilweni. Ukutyalwa ngomvuzo kuyindlela efanelekileyo kwaye kunokuxhasa ukulungiswa kwe-axis yegut-brain (umgca ophantsa ubambezele umdaka womdaka neengqiqima) ekubalekelwe kukusetyenziswa kwezityalo ezibizwa nge-benzo ixesha elide. Xelela udokotela ngexesha elifanelekileyo lokutyalwa kwaye olufana namaxabunga asebenzayo eziyilo ezibizwa nge-benzo.
Selank.	Ukulungiswa kwe-GABA kunye ne-serotonin; into eyomilekileyo engenzi ukuxhomekeka; iluncazisa ingxaki yokukhala ngaphandle kokunyamezela— ipetayidi ethe xhasa ukulawula ingxaki yokukhala ngokucwangcisiweyo.	Ngaphandle okanye njengoko kufuneka ngexesha lonke lwephuzu.	ISelank yipetayidi ebaluleke kakhulu ekubuyiseni umntu osele kuthethatywa i-benzo kuba ukukhathazeka okunzulu kunokuba ngumhlalutho omkhulu wokutsalaliswa kwesityalo, kodwa nangumbhobomvu omkhulu wokwehlisa kwaye wokuphindaphinda. ISelank ibhekana noko ngaphandle kokuba neengxaki zokuxhwila. Indlela

			ayisebenza ngayo engenzi ukuxhwila kubalulekile, ingakumbi xa isityalo esisetyenzisiweyo sasikhangeleka ukukhathazeka. Ukusetyenziswa kwindlebe.
Imveliso yokuphucula ukusebenza kwegeyini.	Ukunyuka kwe-BDNF; ukukhuliswa kwengqondo; ukulawula i-dopamine; ukuxhasa ikholoni eliphambili—ngokuthembekileyo kunciphisa "ibhuntu" yezinto ezithintelayo kunye nokulahlekelwa kwayo.	Iiveki ezimbini ukuza kwapho, ikakhokele kwiinyanga ezili-1 ukuya kwezili-6 xa ukubuyela komlingo buqala.	Ukutshintsha kwengqondo obangelwa kukusetyenziswa kwe-benzo ixesha elide kunokulungiswa ngokusetyenziswa kwe-Semax, echukumisa i-BDNF kwaye inceda umgca wamathambo yangaphambili. Le peptide yeyona efanelekileyo ekuncediseni ukubuyela kwindlela "yemfofu ye-benzo" – ukufumana amagama, inkumbulo yesikhashana, kunye nomsebenzi wokulawula. Kusetyenziswa ngendlela yokungena kwiingqongwana.
Epitalon.	Umbhobogo womjikelo wenyanga; indlela yomthambo we-pineal; ukukhusela i-telomere; ukuqheba kwesikhathi.	Ivihlanu 1–6 emva kokunciphise lwa; emva koko, njengoko kuyimfuneko kwiintsizi.	Umbhobolo womdla wenyanga onokuphaziswa kwe-benzo uvuselelekile kancinci. I-Epitalon ixhasa ngqo indlela yomthambo we-pineal kunye nobomi bezikhathi zonyanga ezilahlwe ngamaxabaxaba e-benzodiazepine. Iluncedo ngokukhethekile ezinyangeni ezimbini zokuqala emva kokunciphisa utyalo-mali, xa ukuhlazwa kwenyanga kunobunzima obukhulu.

Isahluzo 5 — Ukunqanywa kwe-Benzo — Ukuqonda nokuyeka.

I-CENTURION — Ukunxibelelana ne-Benzo ngokuqheba ngokuvamise ukuba yintlekele—intlekele efana nenokuba yayilawulwa kwayo ngokusetyenziswa kwemithi.

Iimvakalelo zokunqanywa kwe-benzodiazepine zahlukile kule mikhakha kuba aziva rhoqo njengoko kunqanywa kwezinto ezifana ne-opioid okanye iimpembelelo, apho umntu "ufuna" into. Endaweni yoku, imvakalelo ebanzi ngakumbi: ukukhathazeka okuya kuba buthuthukile kakhulu; intambo ye-PAWS (Post-Acute Withdrawal Syndrome) efana ngokupheleleyo nokukhathazeka okwayekho phambi kokuba uthathe iimpowada; ukungasikali okunokubonakala ngathi akunakwenzeka ngaphandle kwezinto zonyango; okanye inkqubo elula, kodwa enamandla, ethi "i-pill enye ingenza le nto iphele ngokukhawuleza."

Ukuyiqonda le ntetho entsha kubalulekile: awufuni idrugi ngenxa yezinto ezifutshane ezivuselelayo. Unolwimi oluqala ngokuphuma kwempembelelo yesiphumo esikhululekayo sedrugi—kwaye ingqondo yakho ibonisa isixeko esikufuneka kakhulu esaziwa. Iprotocol yokuvula ayiluthandabuzo lolwimi oluqala. Inikezela ngendlela ephindaphindiweyo yokuphumla ekuzweleni—ngokukhawulelwe kangangoko ukuba indlela eqinileyo yokuthatha idrugi ayisebenzi.

I-Protocol yokuphazamiseza ukunqanywa kwe-Benzo - Imizuzu emi-5.

YENZA OKU NGOKO NANGOKO XA ISIGANEKWANE "NDIFUNA IMITHI" SISIKHANYISIWE.

1. Yenza okwenzekayo. Akuyona into enje "Ndifuna ithabhithi." Yintoni imeko engasemgangeni? Ukunyanzela okuqala? Ingxaki ye-PAWS? Ukungasikali kwakhawulelwe ngo-3 AM? Ukuntlontlonzi kokulala okukhulu kwayo yonke into? I-tinnitus? Ukuphinda igama kuliyilela kumeko kunokuzenzo.
2. UKHENKCE ISIVUNO SOKU-4-7-8 — ZIZIKHONA EZIYISIXE. Ayi ezine. Ezisixhe. Ukunxiba kwe-benzo kunye nomdla kudinga ukwenza umthamo omkhulu womsebenzi oqinileyo kunokuba kuyindlela ejongene nomdla ojongene nayo. Izikhona ezenyange zifikelela ekunciphiseni okungakho kwengxolo nge-GABA ngokusetyenziswa komgca wemithambo yezimbovane. Ungayenzi oku kunye nangokuthi ungazibali izikhona.
3. THATHA I-L-THEANINE engama-400mg kunye ne-MAGNESIUM engama-400mg. Ezi zinto azizona nto yento—yile ndlela yakudlala yokuxhasa i-GABA engenayo imithi. Ukulungiswa kuyinyaniso, kodwa kungathatha ixesha elide kakhulu kunokusebenzisa itabhulethi.
4. Ndingubona:
   * Ikhompyuter
   * Iscreeni

* Ikhibhodi
* Intambo
* Indlu

Ndingathinta:
* Ikhibhodi
* Iscreeni
* Intambo
* Igumbi

Ndiyinzile:
* Ukukhanya kwelanga
* Iwindu evulekileyo
* Imibhuza yeenyani

Ndinyuka:
* Umoya

Ndiyathetha:
* Akukho nto

5. XHUMANA. Qhala kumdokotela wakho ukuba upho umgca omtsha okanye ukhulu. Qhala kumntu oyinxiba ukuba unxila okanye i-PAWS. Qhala ku-SADAG: 0800 567 567 ukuba usengxakazeni. Ukwahlukana kwisimo sendleko yokutsalwa kwe-benzo kunyusa yonke into. Umnikelo yintshumayelo.
6. Yenza ukusebenza kwakho kwe-GABA ngendlela yendalo. Kusuka kwiSahluko 6: ukuphefumula, amanzi abandayo, ukunyamekela okuncinci, i-yoga yokulungisa, kunye ne-NSDR. Ezi akuyizinto ezikhuthaze ingxaki—yilezindlela zokusebenza kwezinye izixhobo ezenzelwe ukuphumla esezisetyenziswa ngemithi.
7. I-trigger, uhlobo, ubukhulu (ukusuka kumahluko asezantsi ukuya kwi-10), isenzo, umphumela. Indlela iingcinga zokuthanda/ukuphazamiseka ngama-benzo ezibandakanyekile kwimigqala imalunga neentsuku ibonisa ii-trigger ezithile, ixesha eliyimini, kunye nezinto eziphathekayo ezisenza kube nzima. Olu data luyolwazi olusebenzayo kakhulu onokuwunikeza kumdokotela wakho okubhala iiresepthi okanye kumhlabathi wakho.

Imiyezo ezinobungo obukhulu kwaye zinokubangela ukubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine.

*** Ukutshintsha kwezinto ezibutyelweyo: Ukuphoswa okanye ukuguqulela kwezinto ezibutyelweyo kunokukhokelela ekubuyeni kwindlela.**
*** Ukunyamekela engxoweni: Ukunyamekela engxoweni, njengokuphoswa kwaye ukuthanda izityalo ezifumaneka kwi-benzodiazepine, kunokukhokelela ekubuyeni kwindlela.**
*** Ukuphazamiseka kweempembelelo: Iimpembelelo ezinobungo, njengokufa komntu othethatheyo okanye ukulahlekelwa umsebenzi, zinokukhokelela ekubuyeni kwindlela.**
*** Ukusetyenziswa kwezityalo ezifumaneka kwi-opioid: Abantu abasebenzisa izityalo ezifumaneka kwi-opioid banesango eliphezulu lokubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine.**
*** Ukuba neengxaki zokuziphatha: Abantu abaneengxaki zokuziphatha, njengokungathathi hlangothi okanye ukusetyenziswa kwezinto ezinobungo, banesango eliphezulu lokubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine.**
*** Ukuba neengxaki zempilo: Abantu abaneengxaki zempilo, njengentsholongwane okanye ukudandatheka, banesango eliphezulu lokubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine.**
*** Ukuba neengxaki zemali: Abantu abaneengxaki zemali banesango eliphezulu lokubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine.**
*** Ukuhlala kwindawo enobungo: Abantu abahlalayo kwindawo enobungo, njengendawo enokungabutyelwa kwezinto ezinobungo, banesango eliphezulu lokubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine.**
*** Ukuba neengxaki zombane: Abantu abaneengxaki zombane, njengokungathathi hlangothi okanye ukusetyenziswa kwezinto ezinobungo, banesango eliphezulu lokubuyela kwindlela yezityalo ezifumaneka**

kwi-benzodiazepine.

Ukuba unomdali oqinile wokubuyela kwindlela yezityalo ezifumaneka kwi-benzodiazepine, kubalulekile ukuba ufumane inkxaso. Ungathandaza ugqirha okanye umbhuti oncedo ukuze ufumane usizo lokunyamekela.

- Iintsukumo ezikhulu zokuba neengcinga: okokuqala ngexesha elithile xa into enkulu engxakaze ibangelwa kwiimpembelelo—ukulahlekelwa umsebenzi, ingxaki yombane, okanye ukukhathazeka ngokomhlalaphansi—umgca wengqiqima weenyawo uyanceda ngokusetyenziswa kwezityalo. Yenza ipulethi yezo zinto ezinokuba neengcinga phambi kokuba zifike. Uya kubiza ubani? Yeyiphi indlela oyayilandela?
- I-Paws (iingxenye zokudlala): Iingxenye zesiphu zemtshato ezimanyeneyo, ezingathathiweyo kwaye zangoku zomhlalaphansi kukuxutyuka ixesha elide yindlela eyayingqongileyo yokubuyela kwisimo esidibeneyo kubantu abazama ukulibelela ukusetyenziswa kwe-benzo. Yonke le ngxenye ifumela njengumboniso wokuba ubuntlalo bungabonakali. Akukho. Yumboniso wengqondo elungisa.
- Ukuntlala kwakhululekile: ukuntlala kwakhululekile kunyusa yonke into enye yezimpawu zokutsalelwa kwe-benzo kwaye kuyenza ukuba umhlango wokusetyenziswa kwemithi ube ngumgca olungileyo. Ukukhusela ukuhlala uthule ngexesha lokubuyela kwempilo kubalulekile, akukhethwa njengokuthanda.
- Ukukhuthala lokuvuselela ukuthanda kwezityalo: abantu abaninzi ekuhlelweni lokuphucuka kwi-benzo bayasebenzelwa ngamazitya okunciphisa uxhubevileyo, okanye banokufumana le mithi ngenxa yomthandiso wabo oldala. Ukuba le mithi isasetyenziswa kwaye ifumaneke lula kubangela ingozi enkulu yokubuyela kumahluleli. Thetha nomdokotela wakho ngendlela efanelekileyo yokulawula imithi esele.
- Oodokotela abangamathitho amatsha: odokotela abangawo nabazi ngokuphucuka kwakho banokwenza ukuba bafake i-benzos okanye i-z-drugs kwiintlekele ezifana neenxiba okanye ukulala ngaphandle kokuyazi imigaqo. Xesha elinye, yaza uthise umbhalo omtatyetho wonyango lwakho kubo bonke odokotela. Ukuba kunako, thatha inothi kwiirekhodi zonyango zakho.

Isahluzo 6 — Ukwakha i-GABA yakho: Ubuchwephesha bomphilo ophantsi.

I-CENTURION — Iphepha leCenturian eC-28 esetyenziswa kwiNkqubo yoPhucuko lwe-Benzo — Inkqubo onikwe ngayo ukuzalwa.

I-benzodiazepine yenze into into elithile: inkqubo enzulu enokuyeka. Ayiyeki nje—iyeka ngokupheleleyo. Iingcinga ezikhukhume zaba kuthule. Umzimba wakhululeka. Inkqubo yokuba necala eyayimi njalo yaya kucinywa. Kwinkxaso yomntu ongazange azivele ngoluntu olunjenge,—enkqubo enzulu yakhe yayisebenza ngokukhawulela iminyaka engamaminyane phambi kokufakelwa kwesityalo— oku akuyinto yokuzonwabisa. Yintetho entloko.

Umbono we-Recovery Kernel ngale nto: ukuba lo mxube yinto ekunye nendalo yakho. Inkqubo enzulu yakho yayenzelwe ukuba iwenze. Imiqondiso apho eyenzeka ngaphantsi kwayo iyahlukile kwaye ifundiswayo. Into abenziwa yi-benzodiazepines kukuba bafake into yezinto ezifakelweyo ebeke lo mxube ngaphandle kwemiqondiso—kwaye ngokwenza njalo, bathathela umgca inkqubo eyayiza kusebenza ukuba iwenze.

Kule section engu-6, uyakha iimeko. Ubume bendaGABA endala. Impilo enokuphila kuyo inkqubo yakho yezinerva ngexesha lokuthula—hayi ngenxa yokuba isetyenzisiwe ngamayeza ukuba ithule, kodwa ngenxa yokuba ifunde ukudala ubuhle.

I-Arkhithekcha yendalo ye-GABA—yintoni eyakwenza?

Practice	Impempe ye-GABA.	Ndingayifaka njani?	Nceda uqaphele ukuba oku kuluhlobo olusisizi, kodwa akuyona into esikhankanyelweyo. Ukuba unengxaki yezempilo, nceda ufune unyango olufanelekileyo. Ukususa i-benzodiazepine (benzo) kungaba sisixhobo esisizayo kwiiproblemi ezithile, kodwa kufuneka kwenziwe ngaphandle kokuba umongameli onempilo. Ngenye yezinto eziqhelekileyo ukusetyenziswa kwe-Recovery Kernel. Ngequmrha: * I-benzodiazepine (benzo)

			* **Recovery Kernel** * **Naloxone** * **COMT** * **DRD2** * **MTHFR** * **Blueprint** * **findahelpline.com**
Ukuphefumlela ngokuphindaphindiwe ngokutsibela ixesha elide - akukho nto efanele ukuba yinto eyenziwayo.	Phezisa kakhulu—ukutshabalalisa uthango lwegazi ngqo / ukusebenza kwe-GABA-B / ukuvuselela inkqubo yezinto ezincedisayo ; ukunyuka okubonakalayo kwe-GABA.	Imizuzu eyi-10 ekuseni, imizuzu eyi-10 ebusuku, okungenani. Ukuphefumula kwe-4-7-8 okanye ukuphefumula okulungileyo (ukuphefumula kwi-6 ngomzuzu). Njengoko kuyimfuneko, naxa nayiphi na ixesha umdaka ukhulakala.	Ona akuyingcebiso. Ukufumana impilo emva kokusetyenziswa kwe-benzo, ukuphefumlela kwansuku zonke yindlela esisisekelayo engasetyenziswa ngaphandle kwezityalo (non-pharmacological) yokusebenza kahle kwe-GABA system. Iphethwana leProtocol 01 elikuyo leli bhukumisa lwakhelwe oku. Yinto efana kakhulu ne-benzo endala—isebenzisa iindlela ezifihla umdlandla ngokufanayo ngeenyawo zengqondo, kodwa usebenzisa indlela eyahlukileyo. Kufuneka uphimiselo lolu hlobo lwenkqubo de ufumane ukuba usetyenziswa ngaphandle kokucinga.
Ukuzitica – iimeko zokunyamekela.	Phezisa kakhulu ngokuphraktisi—yandisa ngokubonakalayo i-GABA kunye nomswakazo we-GABA-B; ukukhuliswa kwengxenye yempumelelo.	Dharma Recovery (Iprotocoli 04), i-MBSR, nayiphi na umgca wokuzimisela okukhawulelwe. Okungenani imizuzu engama-20 ngosuku. Yandisa kancinci kancinci—uqale kumizuzu emi-5 ukuba imizuzu engama-20 ingafikeki.	Ucwangciso lwezenkqubo malunga nomthandlo kunye ne-GABA: abantu abathanda ukuzitica ixesha elide bafanileyo kakhulu iilingo ze-GABA ezikulemva, kunye nokuncipha kokusetyenziswa kwe-amygdala kumacango. I-constitution ye-Sage eyayifumene ukuba iibhenzo zisebenza kakuhle ekuzitheni ingqondo iyakhulungele ukuzitica—amandla ayo okugxila ngaphakathi ixesha elide yinto entle. Ukuzitica kuthatha iinyanga ukuze kufikelela kumphumela olandelwayo. Qala ngoku.
Ukuzilolonga ngokuqhubekayo kwaye ngokungabinsongela.	Ephantsi - Ukukhiqizwa kunye nokukhululwa kwe-GABA; i-BDNF yokubuyisela umsebenzi	Iminyaka engama-30 ukuya kwangama-45, ubunzima obuqhelekileyo, masihlale senza ngosuku, nangokukhulu	Ukuzilolonga kunyusa ukukhiqizwa kwe-GABA, kukhawuleza ukuphindaphindeke kwesiphetho se-GABA-A nge-BDNF, kuyalungisa umgca we-HPA, kwaye kunceda ekubuyeni kobuntwangomoya ngexesha

	wengqondo; ukunyusa inkqubo ye-HPA; i-endorphins.	kakhulu. Ukuhamba, ukubhukuda, ukugibela ibhayisikili, ukunyusa—into ekhethekileyo ayimfuneki kangako njengokuba sisilandelayo.	lokuba neengxaki emva kokusebenzisa iibhentso. Akukho nxenye, iprotein, okanye into enokwenziwa ngokwesiqhelo kuloo mbhalo eyenza izinto ezininzi njengokuzilolonga kwegunya ngosuku. Yile ndawo ebalulekileyo ekubuyeni kwiibhentso.
I-yoga yokulungisa kunye ne-yin yoga.	Ekhulu – kukhankanya ukuba kukho ukunyusa okuboniswey o kwe-GABA kwicandelo lophando; ukuqhubeka nokusebenza kwe-parasympathetic.	Iminyaka engama-45 ukuya kwangama-90, izihlandlo ezili-3 ukuya kwezili-5 ngesithubini esisophakade. Ukuzilolonga kwe-yin kunye ne-restorative yoga ngokukhethekile—ukulungiswa kwayo kunokuba yindlela, hhayi ukunyuka.	Ukunyuka kwe-GABA evela kwiseshini yeyoga livalaswe kwaye lubalulekile. Ngokukhethekileyo ekubuyeni kwiimpiliso ze-benzo, i-yoga yokulungisa inikeza ukuphumla okugxilwe kwi-GABA ngendlela enye yezinto ezilungisele umzimba—indlela efanayo eyayiphakamiswe yimpilo. Akuyona indlela esebenzayo kangangoko impilo, kodwa yindlela ezinzileyo yokufumana imiphumelo.
Ukuthanda imvelo—ngokuzingca nangokuqhelekileyo.	Ukunciphisa i-cortisol; ukwenza umsebenzi kwiimbane zengqondo ezilawulayo; ukuvuselela inkxaso.	Iminyaka engama-20 okanye ngaphezulu yemihla ngamnye kwindawo yendalo. Indawo eluhlaza, amanzi, umhlambi wamantshisi. Ngaphandle kwefoni, nangokwakhululekile.	Ibhokisi leSage liyaphendula ngokuthe ngqo kwiindawo zemvelo ezifunyanwa ngamakhubazo. Ukuncipha kwe-cortisol endle kungatholakala kwimizuzu embalwa. Kwisikhumba esibengancediswa yezityalo zokwelapha ukulawula ukukhuluphala, ixesha elithathelwayo endle yeyona ndlela enzulu kakhulu neyifikekayo yokuxhasa inkqubo ye-GABA.
Ukubekwa kumsweldo omandla—ngendlela eqanjelweyo.	Ekhulu – ukuzimisela kwengqiqo kusebenza kwi-parasympathetic ngamasekonde; uxolo oluqhubekayo emva kokuba upho; wandisa uthando lokubamba intliziyo.	Qala ngeminikelo engama-15 esixeko esibandayo ebusweni. Khulisa ukuba kube yishower esibandayo ekugqibeleni (imizuzwana eyi-30–90). Khuphula okungakudlulekileyo ukuze ube ngokuqumbisa kwamanzi abandayo njengokuba uthobela.	Ukubekezela kumthuli kukhulisa umgca wokuzinza—amandla okuba nakho ukuhlangabezana nomswakazo wemveliso yomzimba (ukunyuka kwe-norepinephrine, ukwandiswa kwentliziyo) kwaye ubuyele kwimeko yakudala ngaphandle kokuba ugxininiswe. Oku kuyinkcenketho ebanzi kwiingxaki zokukhathazwa ezazinika umthetho lokusetyenziswa kwe-benzodiazepine. Ukubekezela kumthuli kubalisa oku ngokuthezekile kwaye kwakha indlela yebhufa echaza:

			Ndingaba nakho ukuba noku, kwaye kuyadlula. Le ndlela yibinzana elideyo lokufumana impucuko.
Ukunakwa kunye nokufumana ulwazi oluchanekileyo.	Ukuzimisela—ukufumana umva olukhululekileyo kusebenzisa i-GABA, echukumiseka; kunikeza ingqiqo enokunxibelelana nayo ekuvimbiseni ukucinga ngobunzulu obugxininileyo.	Umculo, ukubhala, ubuciko bomfanekiso, intambo, ukupheka—nayiphi na into ekukwenza uzizwe uphumele kakhulu. Yenza oku ngosuku, nokuba kungaba kancinane.	Ingqondo yento ekhala kwaye ecabangayo kufuneka ibandakanywe ngokuqinile ukuze imenze tye. I-benzodiazepines yenza ukuba ingqondo ithule ngokuyikhoba; umsebenzi othenjwa ungenza ukuba ithule ngokuyenza ifumane into ekuyo. Ingqondo efumene into ekuyo kumsebenzi othenjwa ayizukusebenzisa isimo sengxaki. Oku akuyi "ukulibazwa" – yindlela engcono kakhulu yokusebenza kweenyawo.

I-Blueprint yeSage Constitution enkqumweni ende.

I-CENTURION – Inkqulelo yeenxiba ezityebileyo eyayifudumeleko manje ifunda ukusebenza ngendlela efanelekileyo.

Ingqondo yayeza i-benzodiazepine ayityalwa. Yileyo ngenene ingqondo eyenza ukucinga okujongene, umsebenzi wokudala oqinileyo, uhlaluthelo olucopheleleyo, kunye nomvuzo omtsha womntu. Umthetho wayo ngumhlaluthelo ongazange ukhululeke kwaye ungaphumli.

Ukubuyela kwempilo akuyi tshintsha umgca omiselweyo. Ingqondo iya kujikeleza ngokhazikhazi kakhulu kunokujikelezwa okujongene. Idopamine iya kuphinda ihlale ixesha elide. Iimveliso zemiphumo yentlekele iya kuphinda zifune ixesha elinde ukuba zisusweyo yimeko ye-COMT. Oku ngumthamo. Akukwanisi ukutshintsha oku.

Into eyenziweyo ngokuphindaphindiwa yindlela yokuxhumana nehardware. Umntu osele eminyakeni ethanda ukuzikhulula kwiimpempeko zezinto zokwelapha manje unethuba lokwakha into enye ayinikezwe ngayo indlela yezinto zokwelapha: ukuphumla okufunyenwe. Ukuthule okuvela ekubandakanyekeni kwezi ndawo ezifaneleyo kwiindlela zokuphumla de inkqubo ye-nervous system iqalise ukuyenza ngokuzenzakalelayo.

Yeyona le ndlela iSage esebenzisa ngayo amacebiso ende. Kufuneka ukuzimisela okungaphezulu kunokuba nexabhelo. Kwaye kunjalo, yintliziyo yabo.

Isigaba 7 — Ukuhamba kwi-Recovery Kernel: Imaphupha Yakho yomkhuba.

Iphepha.	Iiprothokholi.	Umgaqo omkhulu.	Imiyalelwaneni ekhuthulweyo malunga nebenzo.
Ukuqalisa ukunciphisa utyalo-lwazi (kunomdokotela).	Umvelisi wezempilo—ayikho into eyenzelweyo ukuba ibe yi-Compendium kuphela.	Ukunciphisa kancinci i-Diazepam, ukuba kuyimfuneko; uhlelo lokunciphiswa; imeko ye-CYP2C19; ulawulo lweempazamo.	I-framework ye-Recovery Kernel iqala ukusebenza ngaxeshana neprozessi yokunciphisa ithemethri ukusukela kwiintsuku ezintathu. I-magnesium glycinate iqalwa ngokoonyaka. Ukuzilolonga kokuphefumula kuqalwa ngokoonyaka. Izixhobo zokunceda ukulazisana kunyuselwa kancinci phakathi kweentsuku ezimbini ukuya kwezine. Ezi yimigaqo apho inkqubo yokunciphisa ithemethri ibe lula.
I-Foundation yokuQala ye-Methylation (Ibanga lesi-1).	Iphrothi yoku-18 (ukutya), intambo yokunyamekela kwe-methylation esivini sesi-4.1.	5-MTHF, i-methylcobalamin, i-P5P, imagnesium — inkqulelo yobomi.	I-5-MTHF eqalisiwe kwisithuba sesine yeeveki ingaba yindlela ebalulekileyo yokuncedisa ekubuyeni kwaye kungcono ukuyiqala ngexesha elikhulu—ukuba umdla oqala wayeyingozi enkxenyeni ngenxa yesimo esingabonakalisiwo ngokufakelwa, ukulungisa le nto ngqo kunokunciphisa ubunzima bomjikelo opheleleyo. Abantu abaninzi baye bazi ukuba umdla wabo ubonakala uphucuka kakhulu phakathi kweeviki ezimbini ukuya kwezine emva kokudibana ne-5-MTHF.
Ukubuyisela i-GABA (ngaphambi koko kunye naxa kuthe ngokuphinda phindi).	Iprotocoli 01 (ukuphefumula), Iprotocoli 04 (ukulungisa ingqondo), Isahluko 4.2 kule ngcebiso.	Ukuphefumla ngosuku, ukuthutha kwezinto ezixhasa i-GABA, umthamo, ukuqala kwemidi.	Iphase yokubuyisela i-GABA iyaqhubeka ixesha elipheleleyo ngexesha lokunciphisa utyalo-mbutho. Ukwenzekwa okuqinisayo kubaluleke kakhulu kunokunyusa imilinganiselo. Imiyalelo yokuphumla, umtapo, kunye neenyawo zokusetya i-GABA ezisetyeniswa rhoqo ixesha elide leenyanga yeyona eyenza ukwandisa amandla okwenziwa yi-GABA ngaphakathi kwegesi, echukumise ukuba nayiphi na inkqubo yokunciphisa utyalo-mbutho ifumane.

Ukufakwa kweMapha eJenomi (Iiveki ezili-2 ukuya kwezisi-6).	Isahluzo 15 (Incwadi), uvavanyo lwe-CYP2C19.	GABRA2, COMT, MTHFR, CYP2C19 — ukulungisa ukuthinjwa kunye nokwakhiwo lweengxaki.	I-CYP2C19 yile ndlela yokuhloleka ye-genetic ebaluleke kakhulu ekubuyiseleni kweminye imithi, kwaye iluncedo lokukhusela ukuba kunempilo malunga nokunyathela lokuphakamisa ivenkile. I-GABRA2 enobungozi ibonisa kumdokotela nomsebenzisi ukuba kufunekwe inkqubo yokunyathela elula kwaye kubekho ingozi enkulu yokuqala kweengxaki ezifana ne-PAWS. Kuhlolwa ngaphambi kokunyathela, nangoko kunokwenzeka.
Ubuchuleko bokulawula ukukhala (ukuvakala) (iiveki ezimbini ukuza kwapho).	Protocol 04, Protocol 11, CBT yangaphandle okanye i-MBSR.	Ukuphefumula ngendlela efanelekile rhoqo; ukuzitica ukuze uthuthuke; ukubanjelwa yimanzi eyenzeka; ukuthiyatyelelwa kwi-CBT.	Ubuchule bokulawula ukukhuluphuzwa kufuneka buzakhelwe ngelixa uhlaliswa umthamo wevidiyo - akufanele uqale emva koko. Umntu oya kwi-dose yokugqibela ye-benzodiazepine enomthetho omalunga neentsuku ezisixhenxe yokuphumla kunye nomkhuba owukhulayo wokuzindla usebenza kumgangatho onye nomntu obekuhlaliswe umthamo wevidiyo kuphela. Yakhela le ndlela ngelixa uhlaliswa umthamo wevidiyo.
Ukubuyela Kwengqondo (Iinyanga ezili-1 ukuya kwezili-12).	Iprotocoli 03 (umgca), Iprotocoli 06, Isahluko 4.4 kule ncwadana.	Exercise yokuphucula i-BDNF; ufundo olutsha; i-Alpha-GPC; i-Lion's Mane; i-DHA.	Ukubuyela kwengqondo emva kokuphumla kwe-benzo ixesha elide ngelinye lamaxabiso ekuphindiseni —abantu bilinganisa ukuba ukucinga kubukhali, inkumbulo ibukhali, kunye nomdibaniso weemvakalelo ubukhali ngonyaka wesibini emva kokuyekiswa kwi-benzo kunokuba kwakuyiixesha leeyears zokuphumla kwe-benzo. Le nkqubo yinto efanelekile ukubhalwa. Yumbongo wokuba ukuphindisela kuyenzeka.
Ulawulo we-PAWS (ukusuka kwenyanga eyodwa ukuya kwiinyanga ezininzi).	Iphrotoqola 01 (Indlu yokuPhumla) , Isahluko 3 seNguidini, ukuxhumana nodokotela.	Ukuqiniswa kwezinto ezinamandla; ukucutshungulula intlungu; ukuxhumana noluntu; ukwandisa iiseli zokunceda ngexesha lezinto ezinamandla.	I-PAWS kwi-recovery yee-benzo yindawo ende kakhulu neyenza nzulu kakhulu kumanye amayeza. Le ndlela "yamaxesha entlungu namaxesha entle" idokumentiwe kwaye yenyaniso. Ukuba ufunde indlela yokulawula ukunqanywa kwaye ufake inkxaso ngaphambi kokufika kweemvuzo, oku kuyilungiselelo eluqinisekisa ukuba uzilawule kakuhle.
Ubungqina	Protocol 20,	Umntu ophantsi	Kwiintlekelelo zokuphathwa

kunye Nobudlelwane (Iinyanga ezili-3 ukuya kwezinto ezinemitha).	Protocol 21, C-28	kwe-benzo – ukubuyisela ubuntu, ummiselo, ubuchule obuqinile obusebenza ngokupheleleyo.	kwezifo eziholelanayo ekuxhomekeki kwee-benzo, umbuzo wendlela yokuzibona uyafana nezinye izinto: "Ndingumntu owayenokwelaphulwa kwaye ndenze yonke into efanelekile, kodwa ngaphenduka ndixhomekeke." Umsebenzi wokuziqhelanisa nomzimba wakho luyinxenye yokunyamekela ukungqinelwa—ukwakha kabusha umntu ongaluthandanga ukuba ubume bakhe bungumatyala olufuna ulawulo lwakhona ngemithi yonke impilo, kodwa yinto edinga inkxaso efanelekileyo.
Umdlalo Omde (Unyaka 1–3)	Protocol 24, Protocol 25, C-28, C-31	Ubuchule bommiselo; ubuqeqesho bukaSage esikhoyo ngokupheleleyo; ingqondo ephinde ibuyele kwimeko yayo.	Umntu oqeda ukubuyela kwakhona kwi-benzo—umntu owenze iindlela zokuphefumula zansuku zonke, inkqubo yokuqinisisisa, indlela yokuzivocavoca, izixhobo zengqondo, kunye nombutho—ngumntu enxiba yenkuthazo yakhe ikwakhona eyakwazi ukulawula ingcango ngendlela engcono kuneenkqubo zakudala. Oku yintando yale ncwadana: i-boot disk isuswe. Inkqubo yokusebenza iyasebenza kumshini.

Isigaba 8 — Iphepha leNcedo Yomdla Wokunakekela.

Ukubuyela kwakhona kwi-benzodiazepine yindawo ekudokoteni kwezifo zokuzithinta apho ubuhlobo phakathi komntu oyisiguli nomdokazi obhalayo buphambana kwaye bunobutyebhedi. Abantu abaninzi abaneziganeko zokuqala zokuxhomekeka kwi-benzo banxulumene nenkxalabo yabo, ukunyangwa kwabo kokutshengiswa, okanye isicelo sabo sokunciphisa umthamo kunyanzwa. Le ndawo inikezela ngemfanekiso wezokwelapha wokuzimisela ngokusebenzayo.

Imithi engamgangxi yezinto ezinokukhangeza ekuhlazeni kwengxaki yokungaqiniseki ngexesha lokubuyela.

Igalelo.	Inkqulelo kunye nenxenye.	Ezinto zombini: i-genomics kunye neenkcazelo zeenkqubo zokunakekelwa.
Buspirone (Buspar)	I-agonist encinci kwi-serotonin 1A; into yokunciphisa ukukhala engenzi usebenzise i-GABA-A; ayinalo ulwimi lokuxhwela; ayibangeli ukulala.	Kuthatha iiveki ezimbini ukuya kwezine ukufumana umphumela opheleleyo—ayikwazi ukusetyenziswa njengendlela yokuyeka ngokushesha. Isebenza kakuhle njengommiselo wokunciphisa anxiety oqalisiwe ngeveki emininzi ngaphambi kokuba inkqubo yokuphuma ibe nzima. Ifakwa kwi-CYP3A4—hlola ukudibanisana. Abantu abane-SLC6A4 "short/short" banokuphendula kakuhle.
SSRIs / SNRIs (ukusetyenziswa kwiingxaki zentliziyo ezikhoyo).	Ukulinganisa i-serotonin ne-norepinephrine; kusekelwe ngamaxabiso kunye nokusetyenziswa kweengcinga ezifanelekileyo kwi-GAD, ukuntuleka okukhulu, kunye ne-PTSD.	Ukuba ingozi yokuphazamiseka kwengqondo yayinzulu kakhulu ukuba ifune i-benzodiazepine, kwaye ezinye izikhungo zonyango ezingawonanto ayizinanto, i-SSRIs okanye i-SNRIs zibhekana nombuzo omalunga. Imephu yezinto ezifunyanisiweyo ze-CYP2D6 kunye ne-CYP2C19 ithinta ukukhethwa kwaye ukubalwa kwedosi. Ukuhlaziywa kwe-5-MTHF kufanele kuza ngaphambi kokuzama nge-SSRI—iindlela ze-MTHFR zibangela ukungaphendulwa kwe-SSRI, echazwe ngokuba inkxaso yokuphinda-phinda inganceda.
Hydroxyzine (Vistaril)	I-antihistamini eyancedisa ukukhululeka kwengulu; ayisebenzisi i-GABA; ayityalwa; iyenza	Ikwelulekile kwiintsizi ezinkulu ngexesha leenyawo ezinzima. Inamandla okulala—isebenzise kusasa okanye xa ukulala kuyamkelelekile. Ayifaneleko njengendlela eyisiqhelo yokunciphisa intliziyo kwanethuba elide, kodwa inokubaluleka

	unyuke—ixhasa ukuhlala uthule kwaye ixolele ingulu.	njengenkqubo ekhethekileyo engenayo ingozi yokuphuma-phepha xa intliziyo ibukeka ingaqondakali.
Propranolol (umhlaziyi we-beta).	Ibhokisa imiphumo yee-adrenaline ezikuyo yonakelelo—nciphise iimpawu zemtini zexhala (ukuthamba kweentliziyo, ukuthanda, ukuphunga). Ayenzi usebenzise inkqubo ye-GABA ekuqaleni.	Kuyayiswe ngokukhethekileyo ukusetyenziswa kubantu abaneengxaki zokusebenza ngezizathu zombulelo, kunye neenkxalenya zemiba ezibandakanyekileyo kwiinkxaso-mpilo (withdrawal) yezityalo ezinobutyebi. Ayithabatheli ingxaki yombulelo eyomileyo, kodwa ibhekisa kwimiba emangalayo. Musa ukuyisebenzisa kubantu abane-asthma. I-CYP2D6 iyilekile kuyo.
I-Pregabalin (isixhobo esisisombululo esithile, ngoncumo).	Ukulungisa iikhanali zekhalijiyamu kunye nemiphumo ye-GABA—inganciphisa ukukhathazwa neenkxalenye zemtshato yomzimba.	DISCLAIMER: I-Pregabalin ngokwayo ibanga umdla kwiimpempe, kwaye kufuneka ilawulwe ngendlela ehambelana nomalimo ukuba isetyenziswa. Ukusebenzisa i-pregabalin njengomgca wokulahla iimveliso ze-benzo kutshintsha amanye amaxhobo obungozi. Abanye ochwepheshe basebenza kwiimeko ezithile bayisebenzisa njengomgca olawulwayo. Akuyona into esetyenziswa kuqala. Kufuna ukunxibelelana noogolide kunye nohlelo olucacile lokuphelisa.

Ukukhuthaza ukunakekelo olifanelekileyo.

I-CENTURION — Ingxoxo yodokotela — Iprotocoli 13 esetyenziswa ekubuyeni kwi-Benzo.

Iphepha leencwadi, iprotocoli 13 (Ingxoxo Nomdokotela Wakho) ilunokubalulekile apha. Ezi zinto ezibalulekile ngokukhethekileyo kwi-recovery yee-benzo:

- Yisa incwadi ye-benzo.org.uk, i-Ashton Manual, kumithandazo yakho. Phrinta amapheji afaneleyo. Cela udokotela wakho ukuba ufunde ischedule yokunciphisa ithempi ngaphambi komithandazo. Oku kuyenza inkxalenye yengxoxo ibe ngokusekelwe kumboniso, kungekhona kwimibono.
- Ndifumene ukuba ndixhomekeke ngokomzimba kwi-benzodiazepine. Ndingathanda ukuxubana ngokuphindaphindiweyo phantsi kwenkxaso, usekusetyenziswa umzekelo we-Ashton Protocol.
- Ukuba udokotela wakho uyinkqalazo ukuba ukuxhomekeka kwi-benzodiazepine akunakwenzeka ngokusetyenziswa okubhalisiweyo: awufumani unyango olifanelekileyo. Funa ukuvunyelwa ukuthi ubone ugqirha onobungqina kwezonyango zokuxhomekeka okanye ugqirha ogxininise kwi-benzodiazepine tapering.

- Ndifuna ukuba kuhlolwe i-CYP2C19 phambi kokutshintshela kwi-diazepam. Oku kufunekile ngokwemibandela yezokwelapha kwaye kunomthetho ekukhuseni umatyelelo. Ndifake ngale ndlela: 'Ndifuna ukuqinisekisa ukuba imiyalelo yokukhuswa iyahambelana nomtshato wam.'
- Yenza inkqubo yokugcina irekhodi: gcina iirekhodi zedosi zakho, ischedule yokunciphisa, izimpawu, kunye nako yonke unxibeko nabadokotela. Oku kukuzikhusela kwaye kunikeza udokotela wakho idatha ayifunayo ukwenza inkqubo yokunciphisa ibe ngcono.
- I-Benzodiazepine Information Coalition (benzoinfo.com) kunye nomphakelo we-Benzo Buddies (benzobuddies.org) banikezela ngokuxhasa abanye kunye neenkxaso zabamayeza ukuba bancede kulokhu okuthiwa yi-"benzo taper". Ezi zikhoyo kuba inkqubo yezempilo isilele kubantu abaninzi kule meko.

Iphelele.

I-CENTURION - Idiski lokufundisa dalwe ukukunceda. Ukulibuzwa kwindlela yokuhlala ngaphandle kwayo.

Incwadi yencwadi ka-Centurian Paper 22 iphetha ngale miqulu: "Umbuzo awuyi 'Ngiyakuthatha utyalo lwezinto ezifumaneka kwidokotela na?' Umbuzo ngu 'Ngenye indlela ini?' Phambi kokuba ufumane umtyalosemngeni wokuqala, buza: 'Ngaba ndinendlela yokuphelisa ukuthatha le miyalosemngeni na?' Ukuba awunayo, akuyona into oyisigulisiweyo. Uyilengiswa nje. Kwaye ufanele ukufumana okungcono."

Ukuba ufunda esi dibuka, kunokuba ubilwa kwiinyanga okanye iminyaka. Ingcebiso yokuphelisa ukusetyenziswa kwemithi ayizange ikhutshezelwe. Ukunciphisa kancipha umthamo wemithi ayizange unikezwe. Ubungakanani bezinto ezintle ezenzeka kumarekhitha akho e-GABA-A ayizange kuchazwe. Uwenziwe ngesixhobo esisetyenziswa ukuqalisa inkqubo, kwaye uthi leyo sisixhobo yinkqubo yokusebenza.

I-Recovery Kernel yenzelwe oku. Yenzelwe umntu owayenokuxhomekeka okungaluthandi, kodwa olwenziwe ngokusetyenziswa kwezikhungo zonyango. Yenzelwe umntu onxulumo obuqinileyo kunye nomzimba kwiingqiniba zakhe, kwaye wayezibhekana nazo usebenzisa eyona ndlela yayisebenza. Yenzelwe umntu oyaziwa ukuba oko angenele kwakhe akuyona into yokutsalaliselwa—nangempama yobungqina bomzimba.

Ukunciphiselwa kuyindlela. Yinde. Ifuna kakhulu. Kufuneka ubekho ngobungqina kunokuba kunjalo kweminye imihla yokuphucuka kulolu hlu. Kwaye ihambela endaweni eyahlukileyo kakhulu kunendawo apho utyalwa khona. Ihambela kumtshina wengqondo owenza ukuthula ngokoqobo. Kuresponse yokukhathazeka esikalishe phakathi kwento umbuzo wase-brain ulungiselelwe ukuyiphatha. Kwi-cognitive clarity eyayivalwa yintambo ye-benzo iminyaka emininzi.

Kulempondo enzulu ongafikelela ngayo, eyakho ngokupheleleyo kunokuba yeyona nto enye evela kwimithi.

Idiski yokufundisa lishiyiwe. Inkqubo yokusebenza ifunda ukuba yenze imesinye ilisebenze.

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⚠ **IYUNGI YOKUNCIPHISA UMNGENI – AYIZUKO UCEKO LWEMEDYICALI.**
Indlela yokubuyela kwisimo esipheleleyo kwi-benzodiazepine usebenzisa i-Recovery Kernel | Uchungechunge lokuqondiswa ngokwezinto ezithile.